

BIRKENSTOCK®
Made in Germany • Tradition since 1774

Canada's
Largest
Selection!

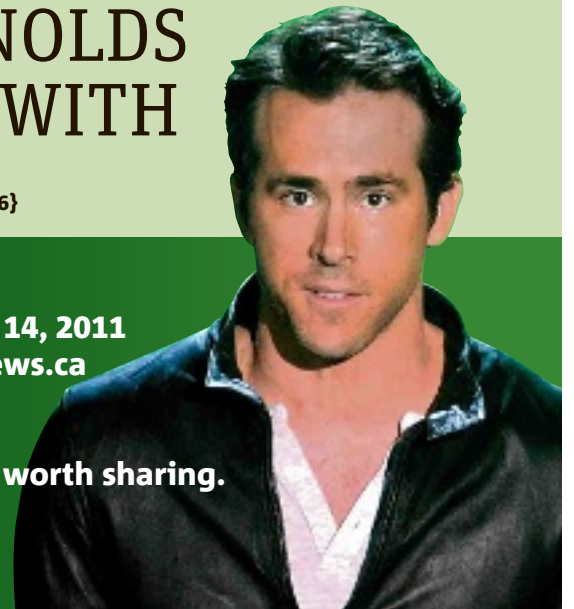
1875 Innes Road
613-744-4040
applesaddlery.com

Apple
saddlery
Since 1972

CHRISTINA PERRI
JAR OF HEARTS SINGER
REVEALS DETAILS OF
HERSELF {page 14}



NEW HOTTIE
RYAN REYNOLDS
HOOKS UP WITH
THERON {page 16}



OTTAWA

metro®

Thursday, July 14, 2011
www.metronews.ca



News worth sharing.

Blues. Festival



► My Morning Jacket front man Jim James radiates hair and soulful intensity at the main stage yesterday.

MARC DESROSIERS/FOR METRO

Bluesfest wakes up to My Morning jacket

My Morning Jacket's distortion- and bass-infused postmodern revamp of Louisiana pedal-steel blues, folk rock and Neil Young-influenced music thrummed through the crowd at the Ottawa Bluesfest main stage. Despite the band's growing popularity, blues legend Buddy Guy drew the bigger crowd. For more images from the concert, go to metronews.ca.

Council squabbles over LRT locations

► Approves motion to look at Orleans

Council votes today on a \$2.1-billion light rail plan, but city councillors got into a verbal dust-up yesterday over where the city should build light rail next.

Rideau-Goulbourn Coun. Scott Moffat tweeted "ZING!" during the meeting, characterizing the tone as councillors accused each other of jumping "the queue" to get LRT in their wards.

Cumberland Coun. Stephen Blais introduced a motion — eventually approved — telling staff to develop options for building an LRT line to Orleans at the earliest opportunity, given certain financial constraints.

His motion has staff looking at ways to use money earmarked for future rapid-bus service to Orleans

"It's great to dream ... but let's get Phase 1 done first."

MAYOR JIM WATSON

on rail instead — and to do it before updating the citywide Transportation Master Plan next year.

Gloucester Southgate Coun. Diane Deans objected, saying the motion would help the east "jump the queue."

Her motion to take out wording directing the study be done "at the earliest opportunity" was voted down. Blais said Deans had already put forward a motion to the Transit Commission to spend \$200,000 of unbudgeted money to advance the O-Train expansion to Leirtrim.

● JESSICA SMITH

PANDORA®
UNFORGETTABLE MOMENTS



Jewelry incorporating the displayed items is protected by U.S. Patent No. 7,007,507 • © • All rights reserved • PANDORA.NET

PANDORA® STORE

St. Laurent
St. Laurent Centre
Ottawa, ON

JUBILEE
FINE JEWELLERS
Since 1952

St. Laurent Centre
Bayshore Shopping Centre
Carlingwood Mall

Gift with Purchase • July 2ND – July 31ST

Receive a PANDORA Lariat with sterling silver ends (a \$30 CAD retail value) with your PANDORA purchase of \$75 or more.*

*Before taxes. Charms shown on lariat are sold separately. Good while supplies last, limit one per customer.



MATTAMY
homes

www.mattamyhomesottawa.com

In Fairwinds We've Put Nature Where It Belongs. In Your Backyard.



Poole Creek Ravine

We're Back In Fairwinds.

It's good to be back in our very first Ottawa community. Fairwinds in Kanata.

We have some very special premium lots available. They back on to the Poole Creek ravine so not only do you get the benefits of living with great community features such as parks, playgrounds and walking/biking trails, you also get a very scenic view, right in your backyard.

Our new Fairwinds offering also includes Single Car and Double Car Garage homes, Village Homes and WideLot™ Townhomes, which are unique to Ottawa.

We invite you to see our new homes in Fairwinds where hundreds of families enjoy the many neighbourly features including nature.



Townhomes From \$214,990
Detached Homes From \$299,990



Fairwinds Sales Centre
1776 Maple Grove Road, Kanata • 613.831.9369

Sales Centre Hours: Monday to Thursday 1pm-8pm;
Friday 1pm-6pm; Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Mod shops need greater scrutiny: Board

An increase in "high-risk" body-modification procedures has prompted the Ottawa Board of Health to ask for more money to step up inspections.

"Some of the procedures are becoming more invasive over time, such as branding, tongue splitting, implants and subcutaneous piercings," Coun. Diane Holmes, the board's chairwoman, said yesterday.

"It's essential that the implements be sterile and the area be clean, and we have not been able to send sufficient numbers of inspectors out."

Dr. Vera Etches, associate medical officer of health, said HIV and hepatitis B and C can be transmitted through body modification.

Although there are no known cases in Ottawa of HIV or hepatitis being

contracted from tattooing or body modification, there have been reports of fungal or skin infections, she said.

Part of the problem, she added, is that tattoo parlours aren't licensed and practitioners do not need to meet an education requirement. To that end, the board has been trying to teach the establishments safe procedures. ● JESSICA SMITH



► Tattoo artist Jonathan Hood shows off his body mods at his shop in Tulsa, Okla. Several Ottawa tattoo shops declined to be interviewed or photographed.

They've got their marching orders

► Canadians have taken part in Nijmegen marches since 1952 ► This year, ill and injured soldiers join in



STEVE COLLINS
OTTAWA@METRONEWS.CA

Boots on the ground? Check.

Next week, 205 Canadian Forces members from across the country will lace up for the world's largest marching event, the International Four Days Marches Nijmegen in the Netherlands.

There, joined by 45,000 others from more than 50 countries, they will march 160 kilometres, eight hours a day for four days, through Dutch towns and countryside.

At a departure parade for the marchers yesterday at the Canadian War Museum, Brig.-Gen. John Madower, who commands the Canadi-

"When they march by, they will receive a lot of applause and very warm vibes coming out of the crowd."

H.E. WIM GEERTS, DUTCH
AMBASSADOR

an contingent, said the special relationship between Canada and the Netherlands adds significance to the event.

"Canadians are loved in the Netherlands because of our history going back to World War II and the liberation of the country," he said. "And so it's a special relationship we have with the Dutch people, and to participate in the Nijmegen marches is very special."



► Canadian Forces troops taking part in the 2011 Nijmegen march in the Netherlands rest their feet at the Canadian War Museum while they still can.

Master Cpl. Justin Pike, a first-time marcher who joined training late, said he's marched only 600 kilometres in preparation —

other participants have hiked 800 to 1,000 — and had brutal blisters to show for it.

"I almost made my part-

ner vomit helping me change my bandages," he said, adding jokingly, "My feet can now stop bullets. It's pretty cool."



Congratulations, Twitter junkies. You're Canada's heaviest Internet users. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web



Mark David Kaplan plays Zazu in The Lion King, opening tonight at the NAC. See our exclusive interview with him at metronews.ca.

TATTOO

THE PIPES ARE CALLING!

SATURDAY JULY 23

FORT HENRY

NATIONAL HISTORIC SITE OF CANADA

FEATURED PERFORMANCES BY:

- Air Command Pipes and Drums
- National Band of the Naval Reserves
- HMCS Ontario Ships Band
- RCMP Pipes and Drums National Capital Region
- Lorne Scots Pipes and Drums

- Band of the Royal Hamilton Light Infantry
- Argyll & Sutherland Highlanders Pipes and Drums
- Rob Roy Pipe Band and Highland Dancers
- Kobbler Jay the Eccentric Juggler
- Fort Henry Guard Drums
- Fort Henry Guard Drill Squad

THE BC LAWRENCE
PARKS HISTORY CENTER
1000 NEW ST. ST.
VICTORIA, BC V8W 2E1

Parks of the
St. Lawrence

1-800-437-2233 ♦ forthenry.com

Boyfriend killer sent back to jail

► Father says he shot daughter's boyfriend to save her from drugs ► Sentence brings some closure to 2 families

A Saskatchewan father who said he shot his daughter's boyfriend to save her from drugs is going back to jail.

It's an apparent end to a long and emotional legal battle for two families.

Kim Walker, 54, was sentenced yesterday to eight years in prison after a jury found him guilty of manslaughter in the 2003 death of James Hayward.

Justice Ellen Gunn in Yorkton deducted six and a half years for the more than three years Walker has already spent in jail. He'll serve another 18 months.

Court heard during the trial in May that Walker shot Hayward five times — and then leaned down and drew a bloody cross on the dying man's forehead.

Jadah Walker was 16 when she moved into Hayward's home in Yorkton. He was 24.

Court heard that Walker feared for his daughter's life as well as his own.

He testified that Jadah was doing drugs after moving in with Hayward. He had tried to get police and school counsellors to help, but no one did.

At one point, Walker petitioned to have his daughter held for 72 hours in a psychiatric ward. By then



► Kim Walker

"He is a contributing member of society. He has expressed remorse to the Hayward family."

JUSTICE ELLEN GUNN,
SENTENCING KIM WALKER

the house. That's when her dad grabbed his gun and started firing, she said.

Both the Walker and Hayward families seemed relieved with the sentence.

"As long as he's back in jail, I'm OK," said Hayward's mother, Lorrie Getty.

Jadah said: "Personally I think that's a huge victory for my family."

"I'm a little bit unsatisfied that he has to go back in, but given that she's crediting him for six and a half years is phenomenal."

"And you know, 18 months, we can work with 18 months."

Defence lawyer Balfour Der argued that Walker acted in self-defence.

"I think the sentence is too high for this man in these circumstances. He should have got the minimum as far as I'm concerned," he said.

Der said Walker has 30 days to decide if he wants to appeal.

THE CANADIAN PRESS

her weight had dropped to about 95 pounds from 135.

She went back to Hayward's house shortly after she was released — the day of the shooting.

Jadah Walker testified that Hayward was a "bad influence" on her life — he sold drugs and injected her with morphine. She also testified that Hayward had threatened her parents.

She said her father came to Hayward's house on the day of the shooting and pleaded with her to come home.

She said Hayward yelled at her father to get out of

Brazil. Plane crashes



► Workers inspect the burned-out shell of the plane in Recife, Brazil, yesterday.

OTAVIO DE SOUZA/THE ASSOCIATED PRESS

Flames end her chance of life

A woman passenger pleaded for help after a small airliner crash-landed in Brazil yesterday, gesturing through a window to onlookers. But the aircraft burst into flames before aid could arrive. All 16 people on board were killed, officials said. The twin turboprop aircraft reported problems after taking off from Recife.

Morning drama

- Neighbours awoke June 1 to the sounds of a man attacking a family of raccoons with a shovel, police say.
- Officials say one baby raccoon suffered some broken toes and was taken to a wildlife rehabilitation centre to recover.
- The mother raccoon took the other babies away.

Raccoon case eased

The Crown is pursuing lighter charges than it could seek against a Toronto man who allegedly beat a family of raccoons in his backyard.

Dong Nguyen faces charges of animal cruelty and possession of a weapon for a dangerous purpose.

Crown lawyers told

court yesterday they are working with the charges as summary offences rather than indictable charges. Indictable offences would allow for greater punishment.

Nguyen, 53, could serve a sentence of no more than 18 months if convicted of animal cruelty.

THE CANADIAN PRESS

Don't let summer go by without a visit!
So many reasons why...

UPPER CANADA VILLAGE

Plus: NEW DISCOVERY CENTRE Opening mid-summer

Parks of the St. Lawrence

UPPER CANADA HERITAGE CARNIVAL August 6 and 7	FOOD LOVERS' WEEKEND August 13 and 14	ANTIQUE CAR SHOW August 14
HORSE LOVERS' WEEKEND August 26 to 28	FALL FAIR September 17 & 18	QUILT SHOW AND CHALLENGE September 24 & 25
WOOD LOVERS' WEEKEND October 7 to 9		

Located near Morrisburg, ON 1-800-437-2233 ♦ uppercanadavillage.com

Mumbai rocked by explosions

► Three blasts, minutes apart, kill more than 20 people ► Worst India terror attack since 2008 siege

RAJANISH KAKADE / THE ASSOCIATED PRESS



► A bomb squad member collects evidence at the site of an explosion at Dabar in Mumbai, India, yesterday. Three blasts rocked India's busy financial capital, killing at least 21 and injuring 141.

Three co-ordinated bombings tore through the heart of India's busy financial capital during rush hour yesterday, killing 21 people and wounding 141.

Bloody bodies were strewn in the dirt of Mumbai's crowded neighbourhoods. Doors were ripped off storefronts and motorcycles were charred.

After the blasts in three separate neighbourhoods, police set up checkpoints and were put on high alert.

The bombings came just months after peace talks resumed between India and Pakistan, which New Delhi has blamed for past attacks.

Prime Minister Manmohan Singh condemned the blasts and appealed to the people of Mumbai "to remain calm and show a

united face."

There was no immediate claim of responsibility, and Indian officials refused to speculate on who might be behind the blasts.

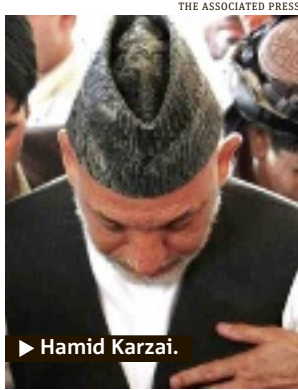
Indian officials have accused Pakistan's powerful spy agency of helping coordinate and fund earlier attacks, including the 2008 Mumbai siege, which killed 166 people over three days.

Peace talks between the countries were suspended after the siege and resumed only recently.

Pakistan's government expressed distress about the loss of lives and injuries soon after yesterday's blasts were reported.

U.S. President Barack Obama also condemned the "outrageous attacks."

THE ASSOCIATED PRESS



► Hamid Karzai.

Afghan president mourns brother

A heartbroken Hamid Karzai stood weeping in his murdered half brother's open grave yesterday as one of southern

Afghanistan's mightiest power brokers, felled by the point-blank bullets of a confidante-turned-assassin, was laid to rest.

Beyond the confines of the sprawling government guest house where the Afghan president was grieving, however, few were shedding a tear for Ahmed Wali Karzai.

"My message to the Taliban, my brothers, is that

they should stop killing their own people," president Karzai told the gathered mourners.

The streets of the provincial capital were empty and most shops closed in anticipation of a bloody backlash — a testament to the power Karzai, a political kingpin, wielded during the time he was alive.

THE ASSOCIATED PRESS

Fleurs & Pépinière

j.a. Laporte

Flowers & Nursery

BLOW-OUT SALE

SALE ENDS JULY 30, 2011

Eastern Ontario's largest garden centre

ALL ANNUALS 25% OFF

Perennials 25% OFF

Roses 25% OFF

Potted Evergreens 25% OFF

While Quantities Last
No Guarantee
FINAL Sale

Fleurs & Pépinière

j.a. Laporte

Flowers & Nursery

1211 Old Montreal Rd, Orléans
613-833-2316

Get exclusive discounts and offers by visiting us online at **www.laportegardens.com** or by following us:

Hours:
Mon-Fri 8-6 • Sat 8-5 • Sun 10-4

Map showing location: Orléans, Place d'Orléans, Hwy 174, Laporte Nursery, Old Montreal Rd.

We're located 5 minutes east of Place d'Orléans shopping mall.

Pulling Strings



► A demonstrator from Avaaz, a global campaigning group, wearing a Rupert Murdoch head, holds a puppet of Britain's Prime Minister David Cameron in front of the U.K. Parliament in London yesterday.

SANG TAN/THE ASSOCIATED PRESS

Media mogul backs down on bid

In a stunning retreat, Rupert Murdoch's News Corp. dropped its bid yesterday to take full control of British Sky Broadcasting during what the prime minister called a political and media "firestorm" over phone hacking at one of the media baron's U.K. newspapers. Murdoch stepped back from making potentially his biggest, most lucrative acquisition, accepting that he couldn't win British government approval of the takeover since the country's major political parties are united against it.

Google faces off

► Social data could help Plus rise to the top: Analysts

Google didn't build its new Plus service simply to have an online hangout like Facebook. Rather, Google's new social-networking endeavour is trying to gain valuable insights into people's lives.

This could help the company do a better job of targeting ads so that advertisers would pay more and have less reason to spend on Facebook. Plus represents Google's best shot yet at

muscling into a market that has threatened to topple the Internet search and advertising leader, as Facebook leads in making the online world social.

Plus is reminiscent of Facebook — with a Google touch. People can share photos and status messages, chat with friends and follow news updates. A feature called circles allows users to organize friends into groups, such as family, close friends or fishing buddies, and choose what to share.

Google Plus is still in a restricted, test phase. Only time will tell if it takes off or if it's too little, too late to face off with Facebook and Twitter.

Early response to Google Plus has been positive. But that's no guarantee for broader success.

"Google needs to have a social strategy that is relevant to Google and the way people use Google applications," said Susan Etlinger, analyst at Altimeter Group. "That's very different from how people use Facebook."

THE ASSOCIATED PRESS

EMOTIONAL HEALTH • SETTLEMENT SERVICES • SUPPORT FOR SENIORS • FINANCIAL ISSUES • COPING WITH DISABILITIES • STRESS AND BEREAVEMENT

UNTANGLE LIFE'S CHALLENGES

DIAL 211

Connecting you to a full range of non-emergency community, social, government and health services

FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES

www.211ontario.ca

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 90.86 (13,234.94)	+ 0.70¢ (104.20¢ US)	+ \$0.62 US (\$98.05 US)	\$4.32 (+ 1.1¢) Gold contracts \$1,585.50 (+ \$23.20)

PRICES AS OF 3 P.M. YESTERDAY

RIM's success to be shaped

DAVE CHIDLEY/THE CANADIAN PRESS

BlackBerry maker Research In Motion will have to deliver strong new products and financial results to counter doubts about its future prospects, analysts said yesterday, a day after RIM met with shareholders.

"Unless we see positive buildup in market share and positive sell-through of smartphones and tablet PlayBooks, I think for us it's going to be a matter of standing on the sidelines," said technology analyst

Sameet Kanade of Northern Securities Inc. "They have gone in four years from being a leader to a reactor."

Shares in RIM dipped in morning trading a day after co-chief executives Jim Balsillie and Mike Lazaridis admitted that it could be doing better in some areas, but remained staunchly upbeat that a new generation of high-end BlackBerrys will drive stronger results.

Recent troubles have attracted criticism and de-



► RIM's tablet, the PlayBook.

pressed RIM's stock value, including the debut of its PlayBook tablet, a cut to its

financial guidance and a plan to lay off some staff.

THE CANADIAN PRESS

SPL Consultants Limited, a multidisciplinary consulting engineering company specializing in geotechnical, environmental, hydrogeological and materials engineering and testing has immediate opening for senior (5 to 10 years experience) and intermediate (2 to 5 years experience) *geotechnical and materials testing technician* in their Ottawa office.

Qualified individuals can apply in confidence to Mr. Chris Hendry, P.Eng.
cbendry@splconsultants.ca

SPL Consultants Limited
Geotechnical Environmental Materials Hydrogeology

Air Canada fails in French

Air Canada will have to pay \$12,000 to an Ottawa couple because it failed to offer them services in French. A Federal Court

judge has also ordered the airline to apologize to the duo. The case arose out of trips the couple took to the U.S.

Air Canada is also required to come up with a system to identify and track violations of its linguistic obligations.

THE CANADIAN PRESS

Chrysler's top-selling Ram pickup recalled

Chrysler is recalling more than 242,000 Ram pickup trucks because of a problem with steering. The recall affects Ram 1500, 2500 and 3500 pickups from the 2008

to 2011. The National Highway Traffic Safety Administration says that a part near the left wheel can fracture and cause loss of steering control. THE ASSOCIATED PRESS

What did you get?

2% cash back¹

OR

zip, zilch, zero



Scotia Momentum[®] VISA^{*} card –
the credit card that gives more
cash back on everyday spending.

- 2% cash back on eligible gas, groceries, drug store purchases and recurring bill payments¹
- 1% cash back on everything else²
- Sign up now and receive a special introductory offer, but only for a limited time



Gas
Stations



Grocery
Stores



Drug
Stores



Recurring Bill
Payments

APPLY TODAY
and get a special
introductory offer.[†]

Find out more.

Call 1-877-803-4871, visit a branch
or scotiabank.com/momentum

You're richer
than you think.[®]



Scotiabank[®]

¹ You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases. ² *Scotia Momentum* cash back is not awarded for cash advances, *Scotia*[®] VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges. [†] Offer ends June 30, 2011. * Visa Int./Lic. user The Bank of Nova Scotia. [®] Registered trademarks of The Bank of Nova Scotia. [™] Trademark of Visa Int./Lic. user The Bank of Nova Scotia.

FIRST PLACE IN THE RACE TO MEDIOCRITY

HE SAYS ...

JOHN MAZEROLLE
METRO



I hate to boast, but the fact is I play sports with an incredibly consistent level of mediocrity.

I'm not good or bad. I'm just there.

Tennis? Running? Ball hockey? Average, average, average.

And I love it.

Want to take me on? Well, son, you best stand back at a moderate distance because I'm about to get all middling on your ass. I'm not just mean. I am THE

mean.

You say you're average too? Well then, step up, and we'll find out what happens when the undistinguished force meets the intermediate object.

As you can see, it's easy to get my competitive juices flowing, even if those juices are of no-name-brand quality. I have the killer instinct, just no weapons to kill with.

At first blush, it probably seems strange that I have a viciously competitive attitude toward sports when they usually leave me blushing, period. How can I play so happily when I know I'm so very so-so?

It's simple: I like adventures and want to be part of one, even if I'm just a background character.

Sports are just storytelling in real time, and not everyone can be Indiana Jones. Some of us are just University Student, Bad Guy No. 2, or Guy Who Gets His Head Run Through By A Spike.

Any part in the story will do.

It's a natural urge, to want your life to be a grand adventure. But it's hard to pretend I'm a superhero when the hardest decision I

face is deciding how many times a pair of jeans can be re-worn before washing, so I instead play sports — make-believe for adults.

One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword.

As a mediocre player, I have a small part to play in the narratives of players both better and worse. Just starting to play tennis? Make reaching my skill level a short-term goal! A slightly above-average runner? You'll feel like a world-beater when you blow by me! I'm an inspiration!

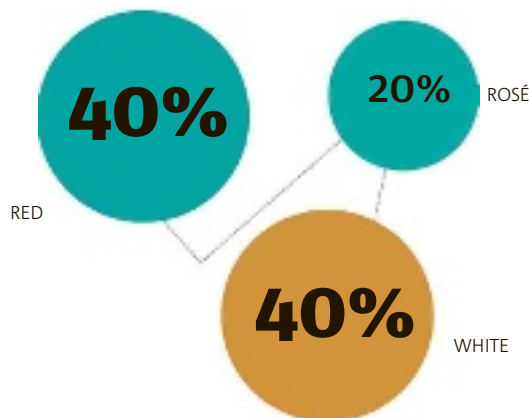
So this one goes out to all the mediocre athletes out there. The third-line left-wingers, the soccer fullbacks, the right-fielders batting eighth. I stand with you, here in the middle of the road, ready to offer all the support I can muster. An average amount, of course.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

What's your favourite type of wine?



Letters

WHAT'S BUGGING YOU?

What do mosquitoes like more than clean, human skin? Stinky socks. Scientists think the musky odour of human feet can be used to attract and kill mosquitoes that carry deadly malaria. The Gates Foundation announced yesterday it will help fund one such project in Tanzania.

The traps could provide the first practical way of controlling malaria infections outside.

Dutch scientist Dr. Bart Knols first discovered mosquitoes were attracted to foot odour by standing in a dark room naked and examining where he was bitten, said Dr. Fredros Okumu, the head of the research project at Tanzania's Ifakara Health Institute. But over the following 15 years, researchers struggled to put the knowledge to use.

Then Okumu discovered that the stinky smell — which he replicates using a careful blend of eight chemicals — attracts mosquitoes to a trap where they can be poisoned. The odour of human feet attracted four times as many mosquitoes as a human volunteer. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Snake warrants double take at Ukrainian zoo

A two-headed snake has gone on display at a zoo in southern Ukraine.

The "Skazka" (Fairy tale) zoo in the Crimean city of Yalta on the



Black Sea said yesterday that the albino California Kingsnake has two heads that think, react and eat separately, though one is more passive than the other.

Dmytro Tkachov, a zoo worker taking care of the snake, said he puts a barrier between the heads when feed-

ing the snake lest one eats the other.

The snake will be on display at the zoo until mid-September. The zoo would not provide further details. **THE ASSOCIATED PRESS**

Local tweets



- **@LeFresnel:** Line-up for #HarryPotter at the rideau centre in #Ottawa is 3 floors
- **@joeryantweets:** Went for a test run on my new long-board with @C_Slingerland now off to see metric and my morning jacket rock #bluesfest
- **@TheTimaxoxo:** JUNOS IN OTTAWA NEXT YEAR! HELLS YES :)
- **@JimWatsonOttawa:** Know a good volunteer? Nominate someone for a @VolunteerOttawa #VOscar award! Deadline: July 15: <http://t.co/m8Xgvnw>
- #ottcity #Ottawa
- **@allysally87:** Sooooo bored in class someone help me out!!!
- **@SDKibb:** Woot! Gr8 Job!!! RT @mhellstern: just found out I graduated magna cum laude! #booya #win #fb
- **@ClaudiaPetrilli:** @fleur_de_lotus I like helping people even if I don't like them :) @CLBuchanan-Photo @SharonDV @kathy-buckworth
- **@lairybird:** Hey smokers at #bluesfest have some consideration for the ppl around you. They shouldn't have to move so you can smoke. Get out of the crowd

GET MORE HD FREE.



SWITCH AND GET AN HD BOX + HD PVR FREE¹

For 1 year when you trade in your old satellite receiver and sign up for the Rogers bundle

DIGITAL TV

Over 10,000 hours of programming with Rogers On Demand on TV and Online²

HI-SPEED INTERNET

Say goodbye to waiting with our exclusive SpeedBoost™ technology³

HOME PHONE

Enjoy Home Phone service with the same call quality you're used to

\$84/mo⁴

With 1-yr. term.
All monthly fees included.

CALL 1 800 339-6851 CLICK ROGERS.COM/2FREEHD VISIT YOUR LOCAL ROGERS STORE



Offers available for a limited time and subject to change without notice. ¹ Free HD box and HD PVR box rental for 1-yr. Available only to new customers in serviceable areas upon relinquishment of satellite receiver and remote to Rogers and new 1-yr. subscription to Rogers Digital TV. Early cancellation fees apply. ² Charges apply to some On Demand programming content. On Demand not available in all areas. Rogers On Demand Online only available in Canada with an Internet connection. ³ Exclusively available from Rogers within Rogers cable serviceable area. SpeedBoost technology temporarily increases download speeds for the first 10 MB of a file download when extra bandwidth is available on the network. Actual speed may vary based on network traffic, amount of data transferred and length of time since last boost and other factors. ⁴ Bundle (\$83.87/mo) includes Digital Basic TV (\$35.97/mo), Lite tier Internet (\$30.99/mo 1st yr. discounted rate, \$35.99/mo thereafter) and Home Phone Essentials Plan (\$16.91/mo 1st yr. discounted rate, \$26.91/mo thereafter). Min. 1-yr. term required for Digital TV and Internet. Regular monthly rates apply thereafter. Early cancellation fees apply. Taxes extra. TV: Includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund (LPIF) fee of 1.5% of recurring TV monthly service fees. Internet: modem rental or purchase and one-time \$14.95 activation fee applies. Home Phone: Includes 9-1-1 Emergency Access Fee, \$0.22 in ON and \$0.53 in NB (non-government fee) and provincial 9-1-1 fees (where applicable) and a \$0.19 Message Relay Service Fee. Long distance and additional features extra. ©2011

2
scene

He's back



The former governor of California will return to acting with a starring role in the Lionsgate film *Last Stand*. Arnold Schwarzenegger will play a border-town sheriff who unwittingly finds himself battling a notorious drug kingpin on the run.

THE ASSOCIATED PRESS



New prelude to upcoming 'Planet of the Apes' prequel goes online



► Kick back on the beach with H.O.P.E. Volleyball Summerfest this weekend.

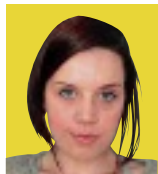
SCOTT SWITZER

Just having a ball

► Organizers boast that it's the biggest volleyball event on the planet, but it doesn't just come together ► This year, you can be a part of history

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Organizing the biggest one-day volleyball tournament in the world is no easy task.

The people behind H.O.P.E. Volleyball Summerfest work tirelessly throughout the year to make sure everything on event day goes off without a hitch.

H.O.P.E. Operations Manager Laura Andrews says the toughest part of her job is finding those

people.

"I would have to say that the most challenging part of organizing this event would be recruiting the 40 planning team volunteers that work to put this event on and making sure I have provided enough tools and information to do their individual jobs."

The event is almost entirely volunteer driven. Aside from Andrews, there is only one other full time employed staff member.

When it's all over, Andrews and her team can't help but feel an enormous sense of accomplishment.

"On event day, you look around and see so many people having fun, playing volleyball and hanging out

with friends," explains Andrews. "Most importantly, though, is when we present the cheques to the six charities chosen."

"It's very touching and rewarding," she says.

Over the years, H.O.P.E. has donated over \$3.5 million to 110 local charities. This year Ottawa Children's Treatment Centre Foundation, Starlight Children's Foundation, Kids Help Phone, Breast Cancer Action, Harvest House and YMCA/YWCA will be the recipients of the festival's proceeds.

This year H.O.P.E. has also called in the people from Guinness World Records to verify what organizers have long suspected; that this event is

indeed the biggest one day volleyball event in the world.

"We have to compile all stats from this year and some pictures and send a report to them," Andrew says. "They analyze the information and let us know if we qualify."

More than 10,000 people play in the tournament every year.

And, for those who aren't participating in the volleyball tournament, H.O.P.E. always brings in a solid line-up of live music to satisfy your ear drums. This year, check out Big Sugar, Tokyo Police Club, Ko and local favourites The Balconies, My Favourite Tragedy and Autumns Canon.

Details

Where, when and how much

- When Saturday starting at 7 a.m.
- Where: Mooney's Bay Beach
- Price \$20 at hopehelps.com or \$25 at the gate

What else is going on this weekend?

- Turkish Festival The 2011 Ottawa Turkish Festival kicks off tomorrow and runs until the 24th. This festival has lots to offer; delicious food, dancing, a parade and tons more. Go to ottawaturkish-festival.com.
- Where Confederation Park (across from Ottawa City Hall)

UPPER CANADA
Golf Course

TAKE A RIDE ON THE VALUE SIDE!

GOLF & RIDE \$45

Monday to Wednesday

per person, incl. occ. plus taxes

After 18 — stop by the...

19th Hole
BAR & GRILL

Join us in our
NEWLY RENOVATED
restaurant for fabulous
food and drink!

**DAILY SUPPER
SPECIALS
& LUNCH MENU**

Reservations recommended.
Call: 613-543-2035

Parks of the
St. Lawrence

Morrisburg, ON

1-800-437-2233 • uppercanadagolf.com

ADDED VALUE SPECIAL!

Free Admission to
Upper Canada Village or the
Long Sault Parkway with paid
regular green fee

THE SUMMER SALE

50%-75% OFF*

Thousands of books, toys, gifts & more!

In-store & online

Chapters

Indigo

COLES

chapters.indigo.ca

*Offer valid until July 31st, 2011 on select in-stock merchandise or while quantities last at any Chapters, Indigo, Coles, Indigo Spirit, World's Biggest Bookstore, Smithbooks, The Book Company or online. Thousands of items available across varying product categories. Not valid on kiosk orders. Discount percentage, prices, quantities and selection will vary between store locations and online. This offer may change or end at any time without notice.

Find us



A world without Harry Potter

► The young stars of Hollywood's biggest film franchises ponder their options if Harry Potter hadn't happened

In some fantasy world, Daniel Radcliffe might be a low-level gofer on movie sets. Emma Watson might be a nobody auditioning for stage plays. Tom Felton might be noodling around as a musician. And Rupert Grint might be selling ice cream on the street.

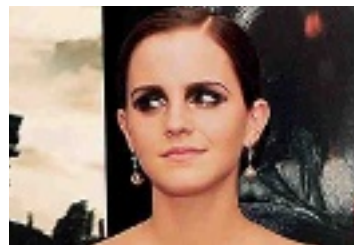
With the final Harry Potter and the Deathly Hallows: Part 2 arriving this week, the young stars of one of Hollywood's biggest film franchises pondered what they might be doing if the acting thing hadn't worked out.

THE ASSOCIATED PRESS



Daniel Radcliffe

An 11-year-old when picked for the title role of the Harry Potter franchise, Radcliffe figures that since his parents worked in the arts he would have ended up in show business. "What probably would have happened, when I got to about 17, 18, and it became apparent ... to my parents that I wasn't going to be going to university, I'm sure they probably would have tried to get me an internship on a film as a runner. And then I'd just try to work my way up the A.D. ladder from there."



Emma Watson

Just 10 when she was cast as bookish Hermione Granger, Watson had no previous professional acting experience. Yet she's convinced that no matter how she would have gone on to make a living, acting still would have been part of her life. "I would have found some way to end up acting, performing. I mean, obviously, not on this scale, but I would have been doing it, I'm sure," Watson said. "I'm almost 100 per cent sure I would be doing plays, I would be acting. I mean, that would be a sideline thing for me."



Rupert Grint

Also a screen newcomer when chosen at 11 to play jittery but stalwart sidekick Ron Weasley, Grint finds it daunting to imagine a life in which he never landed among the Harry Potter clan. "It's quite a scary thought. I saw ... footage from our screen tests when we were first kind of auditioning. In one of them, there was a test with Emma and Dan with a different Ron, another kid who was auditioning at the same time. That was very weird to see that, because he was good."



Tom Felton

Like Radcliffe and Watson, the guy who co-starred as bullying Draco Malfoy expects he would have wound up doing some sort of creative work. Also like Radcliffe, Felton had previous acting experience before Harry Potter, appearing in the fantasy film The Borrowers and Jodie Foster's Anna and the King. "My brother and I often talk about it. Where would I be and what would I be doing? I like to think something creative," said Felton. "It certainly was not going to be sitting behind an office."

WANTED UNWANTED UNIBROWS



FREE

CONSULTATION AND SAMPLE TREATMENT

- Permanent Hair Removal
- Private Relaxing Atmosphere
- Over 20 Years Experience
- Microscope for Precision
- Certified Electrologists
- Conscientious Service

CARESS
ELECTROLYSIS

35 Larkin at Greenbank 613.825.2299
www.carsselectrolysis.com

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

September 26 to December 17, 2011

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)

September 26 to December 17, 2011

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

August 8 to September 2, 2011

Level 1 and 3 - 12:30 pm to 3:30 pm;

Level 2 and 4 - 9 am to noon;

Level 5 and 6 - please check our website

September 12 to October 7, 2011

Level 1 and 3 - 9 am to noon;

Level 2 and 4 - 12:30 pm to 3:30 pm;

Level 5 and 6 - please check our website

FEES: \$30.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191



www.educationpermanente.ca

Goodbye cable. Hello savings.

Make your whole house happier. Switch to Bell,
get spectacular services and save money.

Here's what you get:

- Satellite TV with stunning HD picture quality.
- A dedicated Internet connection¹ that gives you the speed you need – no boost required.
- The most reliable home phone.²



ALL FROM JUST

\$69 96/MO
For 12 months³

All monthly fees included.
One-time \$30.40 activation fee.⁴

FREE HD PVR
rental for 36 months.⁵

Choose to own it afterwards
at no additional charge.

Visit a Bell store or The Source • 1 866 698-5257 • bell.ca/savings

Bell your home
just got
better

Available at the following
Bell stores:

ARNPRIOR
6-75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
Billings Bridge Plaza
Carlingwood Shopping Centre
Rideau Centre
St-Laurent Shopping Centre
St-Laurent Shopping
Centre (kiosk)

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471-B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

STITTSTVILLE
1250 Main St.

Also available at:



Offer ends on August 6, 2011. Available to residential customers in Ontario with new account on select plans, where access and technology permit. All charges will appear on your monthly Bell TV invoice. Receivers may be new or refurbished at Bell's option. Subject to change without notice; not combinable with other offers unless specified. Taxes extra. Other conditions apply; see bell.ca/bundle for details. Home Phone: Available where not CRTC-regulated. Service area charge (\$3) may apply; see bell.ca/serviceareacharge. Internet: Usage 2 GB/mo.; \$2.50/additional GB. (1) Applies to the access between the customer's modem and switching equipment from Bell. Speeds may vary based on your configuration, simultaneous use of IPTV (if available), Internet traffic, server, applicable network management or other factors; see bell.ca/internet. (2) Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable technology and based on continued service during extended power outages at customer's home. (3) Available to new customers who subscribe to the Bundle with Home Phone Lite (monthly rate \$24.95, less \$5 Bundle discount, less \$5 credit for months 1 to 12, plus \$2.80 Touch-Tone fee, plus 17¢ 911 fee), Internet Essential Plus (monthly rate \$34.95 less \$5 Bundle discount, less \$5 credit for months 1 to 12, plus \$3.95 modem rental fee), and Bell Satellite TV The Basic Package (monthly rate \$35 less \$5 Bundle discount, less \$10.20 credit for months 1 to 12, plus \$3 Digital Service Fee, plus a fee to fund Bell's contribution to the CRTC's Local Programming Improvement Fund (1.5%; see bell.ca/LPIF)). (4) For new subscribers. Installation fees may also apply; see bell.ca/installationincluded. (5) \$0 rental of HDPVR based on monthly discount available to new Bell TV residential subscribers with continued subscription to three eligible Bell services (see bell.ca/bundle for details); \$13.86 discount will appear as a credit on monthly Bell TV invoice. Rental term is month to month. If you rent without default for 36 consecutive months, you may choose to take title to and own the receiver by notifying Bell TV within 30 days of making your 36th payment. If you choose not to take title to or to terminate rental of the receiver, you must return it to Bell TV within 30 days or pay the damages suffered by Bell. You may terminate your rental at any time without termination fees provided you return the receiver; however, early termination fees may apply to the programming portion of your account if you also terminate your programming. Receiver warranty up to 39 months.

Perri opens her Jar Of Hearts to Metro

► Christina Perri takes over the airwaves with her hot debut album ► Metro got to know more about the 24-year-old tattooed musician in a recent interview



DOROTHY ROBINSON
FOR METRO NEW YORK

Sure, Christina Perri's debut album *Lovestrong* landed in the Top 5 of the Billboard charts the week it debuted.

But perhaps even more noteworthy for the 24-year-old musician was the fact her double platinum first single *Jar Of Hearts* was performed by Lea Michele on the Prom Queen episode of *Glee*. Is there a bigger stamp of having made it for musicians in our new pop culture landscape? Probably not.

So now that she's overtaking the airwaves and TV sets, we had the tattooed singing sensation give us a little bit of back-

ground information.

Best piece of advice you've ever been given:

You're enough, just the way you are.

Favourite dish to cook for yourself when you're not in a rush:

My favourite thing to make is a fruit salad. I use 13 different fruits, a melon baller, and I let it marinate in its amazing fruit juice deliciousness. Yum!

What is the most repetitive question you get asked in interviews?

Does the guy you wrote *Jar of Hearts* about know it's about him? The answer is yes! And he thinks it's cool.

What reality show do you secretly want to be cast on?
The Jersey Shore!

What celebrity did you have a crush on as a teen?
Axl Rose and Johnny Depp

What's the last song you listened to on repeat?
Flightless Bird, American Mouth, by Iron + Wine.

You are trapped on a desert island with a TV, a DVD player and the complete series discs of one television program. What is the program?
Full House.

Best/worst date?
Best date: Dinner and live music. Worst date: No dinner and a night club.



► Christina Perri

Junos head back to Ottawa

The Juno Awards are headed back to the nation's capital.

For the first time since 2003, the annual music awards gala will be held in Ottawa. The show, on April 1, 2012, will once again be broadcast on CTV.

The last time the Junos were held in Ottawa, host Shania Twain memorably cycled through a series of hockey jersey-inspired outfits.

The Junos had typically been held in Toronto or Hamilton since their in-

ception in the early '70s.

This year's 40th anniversary show, during which Montreal's Arcade Fire claimed a leading four awards, was held again in Toronto's Air Canada Centre.

THE CANADIAN PRESS

MACDONALD FESTIVAL 2011

KINGSTON, ON, CANADA JULY 27-AUGUST 14

WWW.MACDONALDFESTIVAL.CA

1-800-975-9373

Celebrate the life and contribution of Canada's first Prime Minister: Sir John A. Macdonald!



FESTIVAL EVENTS: Sir John A. Family Picnics Bellevue House National Historic Site
Mrs. Grimason's Kitchen Party Arthur Milnes' "In Sir John A.'s Footsteps" Walking tours and...



Sir John, Eh? The Musical
A ghost story. A love story. A scandal. A tribute.



Theatre Specials

July 27, 7PM Preview Night

All tickets \$10 (online/door)

August 1 Civic Holiday, 2:30PM

Gathering of the Macdonalds

Last name Macdonald/ MacDonald?

Pay only \$10!*

Military Discount Military members and family - \$5 off each ticket!***

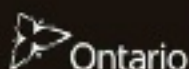


*With ID, Spelling as indicated; Only available on tickets purchased at the door / ***With ID; Only available at the door



Canadian
Heritage

Patrimoine
canadien



metro

Tourism
KINGSTON



kingston
arts council

visitkingston.ca

ONTARIO
Young to discover

She's Fergalicious

► The Duchess of York talks to Metro about her new book, Finding Sarah

Sarah Ferguson, the Duchess of York, has written a book, Finding Sarah, detailing her "journey to find herself" a year after she was taped by a journalist asking for cash for access to her former husband, Prince Andrew of the British royal family. She starred in a docu-series of the same name for Oprah Winfrey's OWN network. The duchess dishes with us.

In the last few days, U.K. newspapers have published highly critical articles about you and your book. Do you ever get used to it?

I've had it for more than 20 years. I can't win with them. It's not a lot of fun, but Fergie-baiting sells newspapers.

Even the U.S. media criticized some of the things you did on the OWN shows.

Dr. Phil said I was addicted to approval. He was right, and my journey in the last year taught me that. I'm recovering from the need for approval. The media can say what they like —

I've learned to live through it, and anyway the OWN series gave me friendships with Oprah, Dr. Phil and Suze Orman.

Diana would have been 50 this month. You obviously still miss her.

Bless her. I'm the only royal ex-wife out here. Without her, I'm the only one having to do it on my own — with no support structure. It's very difficult, because you are alone.

Loss is a key theme of the book. Your mother died in a car accident, your father from a long illness — and they divorced when you were young. What would you say if you could speak to them again?

That I love them, that I forgive them, that they have two wonderful granddaughters and that I'm a brilliant mum.

Do you recognize yourself on the video where you were set up by the journalist?

No. It was a crisis point for me, but I'm almost grateful because it forced me to

confront my problems. This book and the journey I undertook are the result.

You make constant references to how wonderful your ex-husband, Prince Andrew, is.

Can you ever be happy without being with him?

He is a wonderful man — my ideal, as I describe him in the book. Who knows what may happen?

• METRO



► Sarah Ferguson

DC Comics preps fans for relaunch

DC Comics says it is preparing readers and fans for its upcoming relaunch in late summer, offering up a free guide to its multiple relaunches of comic characters and series.

The guide, DC Comics — The New 52, will be given away free starting July 20 at comic book shops and at the annual Comic-Con International in San Diego, which starts next week.

Besides a six-page preview of the upcoming Justice League No. 1 written by DC's chief creative officer Geoff Johns and illustrated by co-publisher Jim Lee, the guide will have covers for all 52 new series, sketches and details from writers and artists.

The series, which includes new takes on characters ranging from established heroes such as Superman, Batman and Wonder Woman, will also



► The New 52

see new costumes and background for other characters, too, such as Sgt. Rock and western bounty-hunter Jonah Hex.

At the same time, the company said it would start selling digital copies of its printed ongoing superhero titles through apps and a website the same day they're released in comic shops. **THE ASSOCIATED PRESS**

LIVE HEALTHY LIVE WELL

HOT BUYS

<p>Super Pro Meal replacement 3 lb - Reg. \$62.49 Hot Buy: \$39.99 Save: \$22.50</p>	<p>SlimQuick Razor Weight management 120 caplets - Reg. \$59.99 Hot Buy: \$38.99 Save: \$21.00</p>	<p>Ripped ABS Weight management 120 caplets - Reg. \$59.99 Hot Buy: \$38.99 Save: \$21.00</p>	<p>Xenadrine RZR-X Weight management 120 softgels - Reg. \$69.99 Hot Buy: \$39.99 Save: \$30.00</p>
<p>Udo's Choice Udo's Oil Omega 3-6-9 500 ml - Reg. \$29.99 Hot Buy: \$21.99 Save: \$8.00</p>	<p>Xenadrine Xtreme Weight management 120 softgels - Reg. \$69.99 Hot Buy: \$39.99 Save: \$30.00</p>	<p>Pro-ISL Ultra Protein 2 lb - Reg. \$49.99 Hot Buy: \$35.99 Save: \$14.00</p>	<p>Women's WELLbeing beWHOLEsome Vitapak 30 days - Reg. \$69.99 Hot Buy: \$39.99 Save: \$30.00</p>
<p>Mutant Rage Pre workout 960 g - Reg. \$69.99 Hot Buy: \$45.99 Save: \$24.00</p>	<p>Ultra Mega Active/Sport Multivitamin vitapak 30 days - Reg. \$59.99 Hot Buy: \$39.99 Save: \$20.00</p>	<p>Mass XXX Weight gainer 4 kg/8.8 lb - Reg. \$89.99 Hot Buy: \$59.99 Save: \$30.00</p>	<p>Ephedrine Pouch 8 mg Natural remedy 2 x 50 tablets - Reg. \$13.98 Hot Buy: 2 for \$7.49 Save: \$6.49</p>

Huge Savings

Rivalus BOGO 50% Off

GNC

LIVE WELL.

Visit www.gnc.ca for the location near you
170 locations coast to coast

* Hot Buys offer valid July 7 to 18, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

Wedding bells for Brangelina?

► Sources say power couple finally ready to say 'I do's'

While they've resisted the urge to tie the knot during their six years together, Brad Pitt and Angelina Jolie are reportedly ready to walk down the aisle, three separate sources confirm to Us Weekly.

The ceremony could happen as soon as this summer and would likely take place at the couple's newly renovated Chateau Miraval in Correns, France, which includes a chapel on its grounds.

But despite their high profile, the wedding "would be intimate and informal," a source says.

● METRO



► Brad Pitt and Angelina Jolie

JASON MERRITT/GETTY IMAGES

Talking points

Apparently SJP wants us to feel sorry for her

JUST DO YOUR JOB AND GET ON WITH IT.

Sarah Jessica Parker says that, despite having plenty of experience in front of the camera, she still gets nervous at the start of each project, and her new film is no different. "I lose my appetite," she tells Vogue.

"By Wednesday of the first week on I Don't Know How She Does It, I was sobbing. I was apologizing. I was feeling so awful and ashamed, like I had let the director down ... I'm like that two weeks into every movie. ● METRO

Celebrity tweets



This weekend, LA! Avoid Carmageddon, Gas-zilla, 405-enstein, Grid-lock-apalooza! STAY HOME. Eat & shop local!



@tomhanks

@AlbertBrooks

I think we have to start electing presidents for one six year term. Trying to get re-elected ruins everything.



@SteveMartinToGo



I hear I'm getting a great review in News of the World next Sunday. Can't wait!

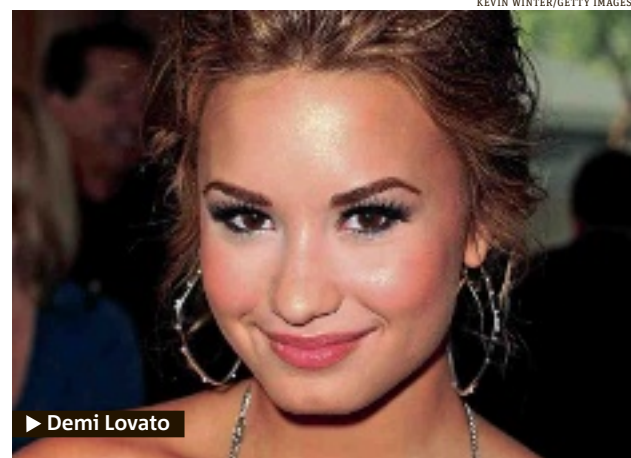
@SethMacFarlane



I think little kids cry a lot because they can't have margaritas yet.

'No boys' for Demi Lovato

KEVIN WINTER/GETTY IMAGES



► Demi Lovato

Demi Lovato is taking herself off the market.

"emotional and psychological issues" that landed her in rehab late last year.

"He was my best friend for like years prior to that, so he knew about my problems," she says of Jonas.

● METRO

Forget ScarJo, Ryan has a new hottie

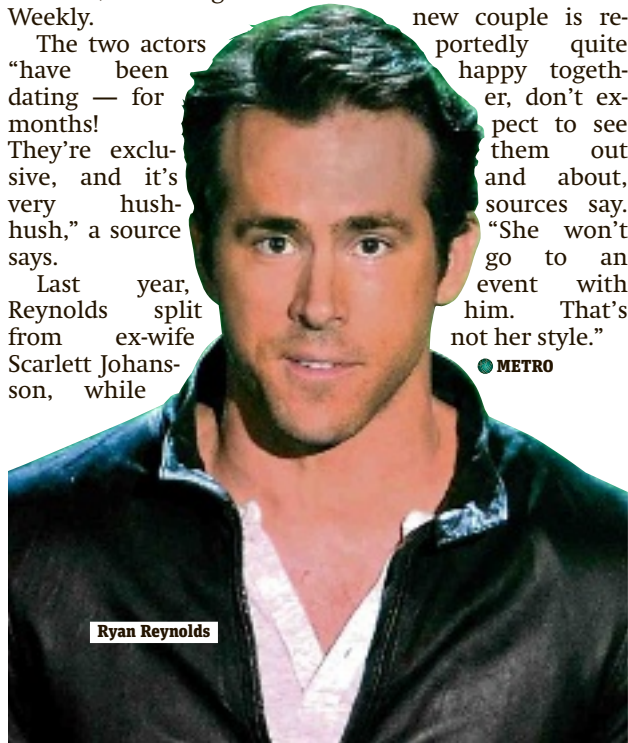
Ryan Reynolds and Charlize Theron are reportedly an item, according to Us Weekly.

The two actors "have been dating — for months! They're exclusive, and it's very hush-hush," a source says.

Last year, Reynolds split from ex-wife Scarlett Johansson, while

Theron broke up with longtime partner Stuart Townsend. While the new couple is reportedly quite happy together, don't expect to see them out and about, sources say.

"She won't go to an event with him. That's not her style." ● METRO



Ryan Reynolds



► Victoria Beckham

FRAZER HARRISON/GETTY IMAGES

No more kids for Beckhams, friends say

Victoria and David Beckham happily welcomed their fourth child — and first daughter — earlier this week, but don't expect them to be welcoming a fifth.

Friends of the couple say baby Harper will be their last, according to People magazine.

"She was saying, 'I just want her to get here and want to be holding her in my arms — not in my belly,' a source says of Victoria in the weeks leading up to the birth. "She had not been all that tired until the end, when it is just so hard to be active so pregnant." ● METRO

**PSSST...
DOWNLOAD YOUR
FREE METRO
ANDROID APP HERE**

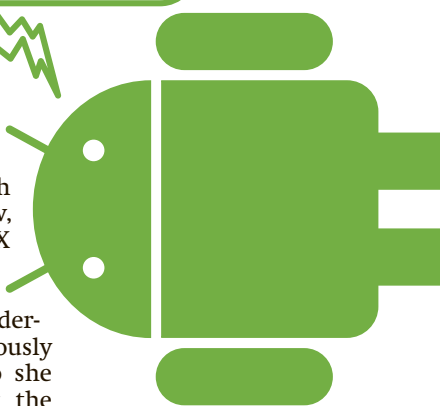


Android is a trademark of Google Inc.

"To be honest, right now there is no crush," Lovato says in an interview with Ryan Seacrest.

"I have a pact with my friends right now, literally no boys for X amount of days."

Lovato recently split from Wilmer Valderrama, and she previously dated Joe Jonas, who she says knew all about the



Building a set of bold and beautiful eyebrows

► The bushy eyebrow is the trendiest it's been since Brooke Shields rocked Calvins ► Celebrity makeup artist Serge Hodonou explains how to create the look at home



ROMINA
MCGUINNESS
METRO WORLD NEWS

Whether you want Kate Middleton's regal arches or the wild, wolf-like gaze of model Natalia Vodianova, the first step is to stop over-plucking and let your eyebrows grow. Serge Hodonou, a makeup artist in Paris whose clients include Björk and Freida Pinto, talks us through the next steps to your perfect eyebrows.

1

Identify your face shape

"You need to create proportion," Hodonou says. "On a long, angular face, a curved brow will add roundness and softness. On a more rounded face, straight brows will create a more angular, defined structure."

2

Choose the right colour

"Stick to shades of brown and stay clear of black, as this will bring harshness to the face, even on natural

brunettes," he says. "Blondes should go for a shade just a little darker than their natural colour, such as light brown."

3

Create your shape

"Thickly draw in the shape you want with an eyebrow pencil or some loose powder. I don't use a liquid eyeliner pen because it doesn't look natural. Apply a lot of colour on the top half of the eyebrow (not under) as this will help lengthen and widen your gaze. Once you reach the tip of the eyebrow, never go too low because it will drag the eye down."

4

Tap it out

"Aim for natural, not drag queen. Tap and brush the colour using your fingers and then use a Q-tip to remove any excess. Use the Q-tip to blend in the colour and avoid graphic straight lines that look fake," he says.



BOJANA TATARSKA

► Blame fashion photo shoots such as this one for bringing the wolf-like, statement brow back.

SERGE HODONOU'S TOP THREE EYEBROW SHAPERS



SHU UEMURA TWEEZERS

► "Remove the hairs one by one and never wax or shave," he says. "Remove the bottom hairs only to clean up the brow."

\$34, shuueamura.com

MAC EYEBROW PENCIL

► "This adds depth and density."

\$15, mac.com



CHANTECAILLE EYEBROW BRUSH

► "This keeps the brows looking natural."

\$20, chantecaille.com

3

life

Beauty pick

Penhaligon's Blenheim Bouquet eau de toilette



You'd never guess from its contemporary scent that it was created back in 1902. The top notes of lemon, lime and lavender offer a refreshing opener, while the base notes of musk, pine and black pepper give it real gravitas.

penhaligons.com
RICHARD PECKETT



Turn up the style! Italy will wear Giorgio Armani at next year's London Olympics

LASIK MYTH #3

"LASIK is still too new. There are no long term results."

LASIK FACT

LASIK has more than 20 years of proven results.

Dr. Pierre Dameris MD, FRCSC 40,000 procedures
Dr. Avi Wallenstein MD, FRCSC 50,000 procedures
Dr. Ralph Zabel MD, FRCSC 25,000 procedures

LASER VISION CORRECTION

Starting at

\$490

/eye*

IntraLase SBK available

Forget the myths... get the facts!
Visit www.lasikmd.com/facts

LASIK MD

VISION

FREE Consultation
1-877-769-3030
www.lasikmd.com

IntraLase SBK Available

OTTAWA: Chambers Building
42 Elgin Street

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Hallifax | Montréal | Kingston | Toronto | Winnipeg | Saskatoon | Edmonton | Calgary | Vancouver

Kressley doing makeovers for life

► Queer Eye star taking sharp gaze on the road, helping ordinary people change much more than their wardrobe



PHOEBE HO
LIFE@METRONEWS.CA

Once clad in Saved-by-the-Bell-inspired parachute pants and keyboard ties, fashion guru Carson Kressley committed fashion faux-pas too.

"I do make mistakes and I think that's something people shouldn't be so afraid of," he said. "I'd rather see a mistake being made because someone's experimenting and enjoying the process than always being so safe and boring."

And that's what he brings with him to all the towns he visits for his new OWN network show Carson Nation, spicing up the lives of hardworking individuals with a little fun, style and humour. He does

what he calls "make-betters" to help people change their lives for the better. From fashion interventions to interior design, Kressley does whatever the situation calls for.

He rolls into each town to find individuals with the most inspiring stories who could use a helping hand.

"We talk to people and local officials to find out who really needs a makeover. It's not just who has a bad perm, it's who has a great story, who's inspiring," he said. "We have amazing transformations both on the outside, but I think more importantly, on the inside."

Kressley is no stranger to makeovers, with years of experience as the host of Queer Eye. And from



► Carson Kressley's new show Carson Nation airs Mondays on the OWN network.

what he has seen, there is usually a recurring theme in all the makeovers he does.

"People just stop paying attention," he said. "You get busy with work, family or with your life, and it's

really important for people to remember that they're worth taking care of."

A good way to stay out of the rut, Kressley says, is to keep educating and inspiring yourself. Whether

it is from fashion magazines, watching runway shows or just going out on the streets to see what people are wearing – which is exactly what he does to stay up to date.

But Kressley says it's not just about transforming people on the outside. Like the story of a 61-year-old woman who had lived as a man for 58 years before having sexual re-assignment surgery.

With no experience with makeup or how to dress as a woman, Kressley helped her get comfortable in her own skin. But it was the amount of support she received that surprised him, and is just the kind of story that sums up the essence of his show.

"It was one of those eye-opening moments where it's much bigger than just

a makeover show," he said. "It's a show about our society and how people are embracing diversity, so it's pretty cool."

Carson's tips

Here are a few tips from Kressley to keep your look up to date.

- Accessories are key: a good pair of shoes, belt or a statement necklace can liven up any outfit.
- It's about mixing and matching. Don't wear one designer head-to-toe; mix vintage with new, mix high with low.
- Wear the right size, not something too big or small. The right size of clothing will fit and flatter your body.



EXCLUSIVE IN-SALON OFFER! **FREE** IN-SALON TREATMENT

WITH THE BOOKING OF A WELLA PROFESSIONALS COLOR SERVICE!

Offer valid until August 31, 2011.

EXPERIENCE WELLA PROFESSIONALS WITH ALL YOUR SENSES
VISIT ONE OF THESE PARTICIPATING WELLA SALONS:

Texture Hair Salon
293 Dalhousie St.,
Unit 101, Ottawa
613-241-8977

Salon Salwa
70 George St.,
Unit A, Ottawa
613-241-7902

Riccioli Hair Salon
372B Rideau St., Ottawa
613-789-5504

Merio's Hair Design
2446 Bank St., Ottawa
613-737-3872

Cappucci Hair Studio
3570 Strandherd Dr.,
Nepean
613-843-0364

Charisma Hair Design
110 Place d'Orleans,
Orleans
613-834-8985

**Aura Professional Hair
& Esthetics Studio**
340 Albert St.,
Suite 180, Ottawa
613-238-2872

Precision Styling
2269 Riverside Dr.,
Ottawa
Billings Bridge Plaza
613-523-6594

Texture Boutique
1884 Merivale Rd.,
Unit 8, Ottawa
613-265-9925

**Spahara Day Spa
& Hair Studio**
150 Robertson Rd.,
Nepean
613-726-6399

WELLA
PROFESSIONALS

©2011 Wella Canada, Inc., Mississauga, ON L5R 3M3 All Rights Reserved.

Lindt

MAÎTRE CHOCOLATIER SUISSE
DEPUIS 1845



Visit one of our **Lindt Outlet Boutiques**
for a wide selection of
AMAZING SUMMER SAVINGS
on Lindt Chocolate up to **70% off!**
Stock up and save!

Lindt Outlet Boutique Ottawa

1763 St. Laurent Boulevard
Ottawa, Ontario 613.260.5898

(Just south of Industrial Ave. in the Koyman Galleries Plaza)

For all store locations, please visit lindt.com



Sweet scentsations

THE KIT

THREESOME

Playboy's new trio of perfumes—Play it Lovely, Play it Sexy, Play it Spicy—is surprisingly subtle and sophisticated in its olfactory overtures. Eau de toilette, \$25 each (30 ml), playboyfragrances.com

HOT STUFF

For Beyoncé Heat Rush, close your eyes and think of a steamy beach getaway. Inhale the sparkling cocktail of passionfruit, blood orange and cherry, and the tropical flowers, honey and sultry

musk. Beyoncé Heat Rush Eau de toilette, \$59 (50 ml), beyonceparfums.com

THE BIG FLIRT

A veil of powder and musk adds depth to Chloé's Love, Chloé—an exquisitely packaged floral. Eau de parfum, \$90 (50 ml), chloe.com

HOW SWEET IT IS

If pairings of roasted al-

monds and caramelized vanilla and cinnamon and pralines leave you hot and bothered, you'll be smitten by the new his-and-her fragrances from Michel Germain. Sexual Sugar Eau de parfum, \$85 (75 ml); Sexual Sugar Daddy Eau de toilette (not shown), \$72 (75 ml), michelgermain.com

OF LOVE & LUST

Glide on Lush's new Gorilla Perfume solid sticks and feel sexier instantly. Choose from eight sultry scents, including Lust, a jasmine-sandalwood blend, and Imogen Rose. From \$9, lush.ca

SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.



Beachy and beautiful

Too tan is a beauty no-no, but sand – or at least sand-coloured cosmetics – can give you a wearable and flattering fresh-from-the-beach look.

There is no hard line drawn to define these neutral shades, offering almost endless options to women of varying skin tones and style types – and that's part of the appeal, says Jenna Menard, global colour artist at Clinique. "Depending on the sand, the colour changes."

The broad definition can mean a hint of shimmer champagne-coloured eye shadow on one person, to a strong smoky brown eye liner on another. There are countless neutral-hued lipsticks, some with the bit of coral you might associate with a tropical beach. Others are more brown

like the New England coastal dunes.

Menard often uses brown mascara instead of black during the daytime, which is softer and more relaxed looking. "You want ease, not high maintenance."

However, she adds, your best colours might change as the summer moves along, especially if you are getting any natural tan. "Be aware of your skin tone," Menard says. "If you are pale and fair, then soft brown isn't nude on you – it can be a very strong colour. ... When I'm tan, even a light brown will look very different than it does in the winter."

For those with darker skin tones, she recommends moving into more golden shades.

On the cheeks, you can go with a beige blush or

even a bronzer, but use a light touch, says Menard. "A lot of people get scared when they hear 'bronzed' look, so 'sandy' is a good twist."

There is the risk of a one-dimensional appearance with a toned-down palette, though. Celebrity makeup artist Ricky Wilson steers clear of a very matte look.

He likes to blend complementary colours that remind him of glistening wet sand – a look that's tonal but not monotone.

"You want neutral, not boring," says Wilson.

He adds: "So many people associate summer beauty with oranges, blues and corals, but that's not always the thing most women want to do. Women like browns and beiges."

THE ASSOCIATED PRESS



DIOR



CLINIQUE SURGE EYE SHADOW



MAC: MINERAL MODE SHADOW

End of season

SALE

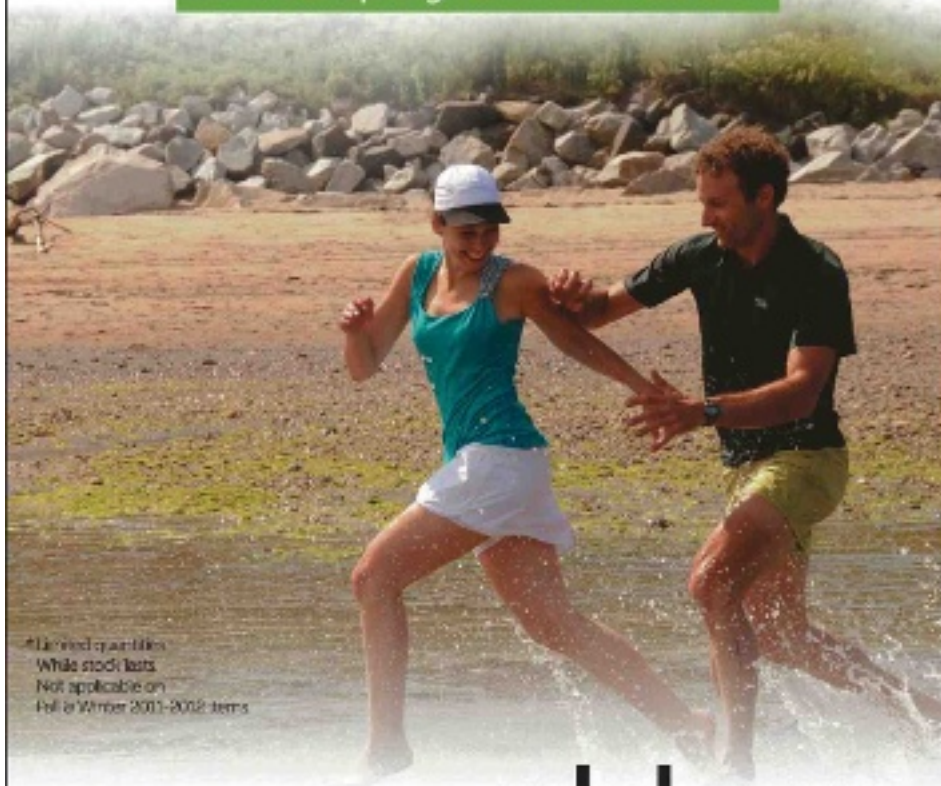
UP TO

50%

OFF*

on clothing and accessories

from our spring/summer collection



*Limited quantities
While stock lasts
Not applicable on
Fall & Winter 2011-2012 items

chloro
phyllé
since 1981

382, Richmond Road, Ottawa

www.chlorophylle.com

Smooth operator

► Chaps, shaving is your one opportunity for a bit of facial pampering ► Make the most of it with a rich, emollient shaving cream. ► Go ahead, lather up and avoid that razor burn



1

1 KIEHL'S CLOSE-SHAVERS SQUADRON

Slather on this menthol and camphor-infused cream for a kick to the senses in the morning. \$16, kiehls.com



2

2 L'ORÉAL MEN EXPERT ANTI-IRRITATION SHAVING FOAM

This hydrating glycerin-



3

3 KYOKU-SHV 902 SHAVE CRÈME

based formula protects delicate skin from breaking out during shaving. \$5, lorealparis.com



4

4 CLINIQUE M SHAVE

The boozers out there will love this one. Yes, it's infused with sake. But jokes aside, it makes for a clinically, close shave. \$34, kyoku.com



5

5 GILLETTE FUSION PROGLIDE SHAVE GEL

Razor burn is a drag for many men. Thankfully, Clinique's aloe ingredient soothes any raging redness. \$14, clinique.com

The aloe and cocoa butter makes the beard cull an easy ride for your razor. \$4, gillette.com

Men's grooming

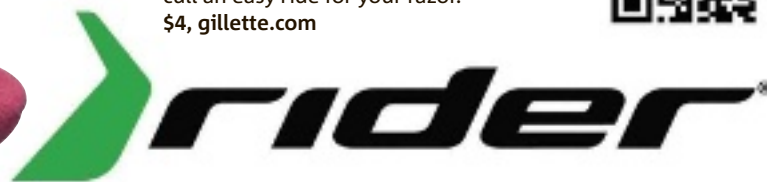
Gillette Fusion ProGlide razor

Make light work of your dense facial follicles with the techy, Fusion ProGlide. The low cutting blades and yes, snow-plough comfort guard keep this razor on a smooth and even keel.

● RICHARD PECKETT

GILLETTE

\$11, gillette.com



Quick changes

If there were any lingering doubts about Kate Middleton taking her fashion choices seriously, this trip should put them all to rest. From the moment she boarded her private flight to Ottawa, the Duchess of Cambridge revealed a carefully chosen wardrobe, complete with 30 —yes, 30 —whopping outfit changes that seemed to pay tribute to both Canada and her home country.

1 Yes, she means business—or rather, she's good for business? The Duchess of Cambridge seemed to understand the power of her wardrobe decisions by wearing a blazer by the Canadian label Smythe and a Roland Mouret dress



1

2 In a move that would earn the approval of even the most jaded fashion editor, Middle-



2

ton slipped into an Erdem shift mid-flight for her grand entrance in Canada. Designed by fashion's newbie of the moment, Canadian-born Erdem



3

3 Should she rethink her Issa loyalty? The silk wrap dress looked tired, dated and boring.



4

4 This simple, collared number by Catherine Walker suited her lithe frame and the pioneer shoes make a nice change from her usual solid-colored pumps.



5

5 There's a fine line between paying tribute to Canada and becoming a walking tourism poster girl. The maple leaf hat is way too literal. ● METRO

The dos and don'ts of hardwood flooring

- From oak to maple to beech — beautiful wooden floors never go out of style
► Go with dark wood for a traditional look, or choose a light wood for a more contemporary feel

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Anyone who has bought a house or condo over the last 15 years is aware of the popularity of hardwood flooring; it's often the reason we buy one home over another.

Wood flooring, installed properly, in a suitable colour and wood type, can be enjoyed for a lifetime.

Choose the wrong stain, wood or size of wood plank and you'll have a trendy, expensive mess on your hands that isn't always so easy to change.

"The biggest mistake people make when choosing hardwood flooring is that they try to follow short-lived trends," says hardwood flooring expert Bill Schinas of Smithwood Floors in Etobicoke, Ont.

"Choosing a wood type and stain colour that belongs in the architectural style of your home will allow the wood floors to last a lifetime."



► Light wood floors help add a bright, modern feel to a room.

Here's a few of this flooring guru's dos and don'ts when choosing hardwood.

Do: Choose a wood type that is suitable for your lifestyle. Most open-concept style homes work best with a hardwood like oak or maple. Oak tends to give a more traditional feel to the house while maple floors offer a more contemporary feel.

Don't: Choose your wood type around your decor scheme, but around the era/architecture of your home.

If you live in a modern condo, then choose a trendy flooring choice like grey-stained maple flooring. If you're buying an art-and-crafts style home then a

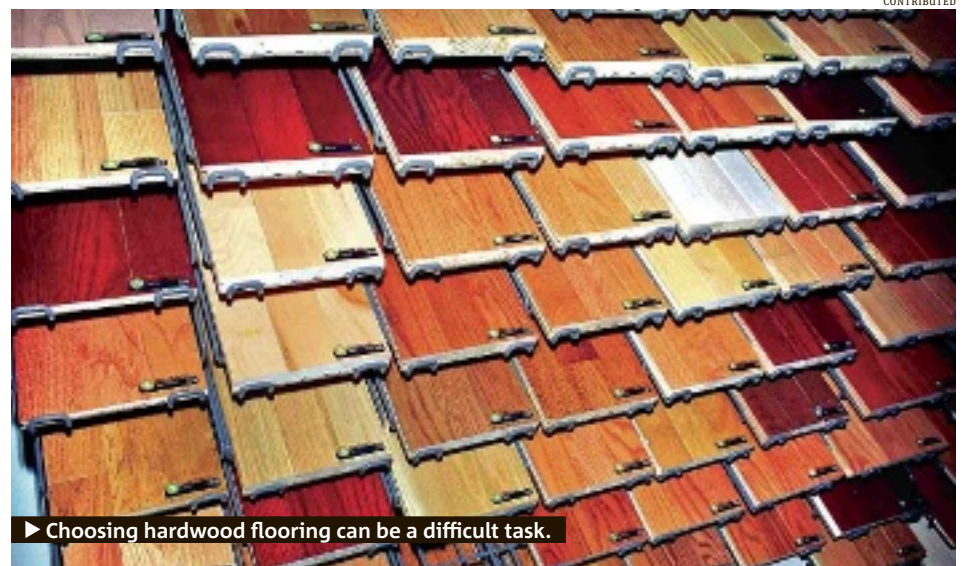
deep cherry wood flooring would be most suitable.

Do: Follow trends of light or dark flooring as these tend to stick around for a long time. The trend to dark wood has been around for about 10 years and slightly lighter tones are now emerging.

Don't: Choose wide planked floor boards just because they are a trend. They can make a small space feel smaller and will not suit the scale of most rooms in the new condos and homes.

Wide planked floors will always look great in either traditional or industrial style homes.

Do: Consider stain colours



► Choosing hardwood flooring can be a difficult task.

like walnut as it is the most neutral of all the stain colours.

Note that cherry stains will have a more orange colour, mahogany will have more red and driftwood will have more grey (which is a big trend right now, but I think it will be short-lived).

Don't: Allow your decorator to choose your wood type and stain.

If building a house and working with a designer and architect, allow your architect to make the flooring suggestion.

They will not be as affected by trends and will incorporate the flooring choice into the integrity of the house's architectural scheme.

Do: Consider installing unfinished hardwood flooring. Although there is more work to install on site, it will look more professional. The wood strip lengths are longer and they can be sanded and stained many times over the floor's lifetime.

Pre-finished flooring often has microbevels between the planks, making

Karl's tips:

► **Never match** the wood furniture you have to your floor. Wood furnishings (kitchen cabinets included) should stand off, not blend into, the floor.

► **Use no more than three** wood types/colours in any one room including flooring, furniture and picture frames. This makes for a less-busy looking room.

it more difficult to sand and stain in the future.

Frank J. McDonald
Property Management

170 Lees Avenue
Rideau East Apartments

Students Welcome!
Close to the University of Ottawa / Transit
All inclusive
Underground Parking
Laundry Room
On-site convenience store, restaurant & coffee shop
On-site Management Office

1 BEDROOM APARTMENTS
\$700/MONTH!

Call: **613-233-0956**
Monday - Friday 8am - 5pm



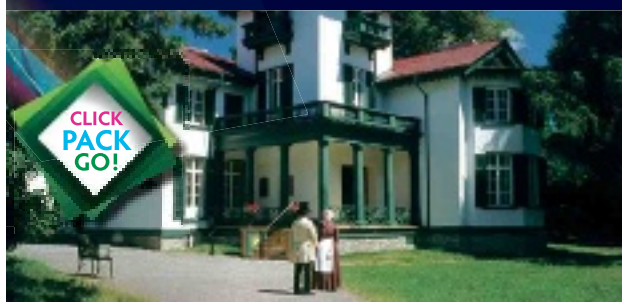
Arrive & THRIVE!

Check in, get changed then make a b-line for the nearest patio in our picturesque downtown and begin your getaway chill! Savour flavours from around the world within a few short blocks! Pick up a couple of gourmet ice cream cones and take an evening stroll by the water.



Sights, Sounds & SPARKS!

Fort Henry is Ontario's newest and only World Heritage Site with the Rideau Canal and Kingston Fortifications. World-Class daily interactive programs, guided tours, events, candlelight dining, explosive evening Sunset Ceremonies with fireworks in July & August, the United States Marine Corps weekend in August and informative exhibits make us a 'must see' while visiting Kingston.



State of the ARCHITECTURE

A stately Prime Minister's villa, a lively stable turned restaurant, Canada's First Capital building and a historic train station are only a small sampling of the stunning and well preserved architecture in Kingston. Take a 50 minute Tour Trolley ride and see one of Canada's oldest cities portrayed in a variety of design styles!



Snap a SUNSET

Candlelight dining under the stars, an exceptional evening of dinner, live entertainment and dancing. Thousand Islands cruising with live entertainment and commentary on every departure aboard a magnificent triple-decked paddlewheeler. Narrated 1.5 hour tours of the westerly islands and Kingston's historic waterfront. Private Charters & Group Rates available.



Book your Kingston
experience NOW!
visit **kingston.ca**



* p.p/dbl. occ.

Opposites attract

- ▶ Before moving in together, this art duo had completely different tastes
- ▶ Alessandro Codagnone preferred sparse aesthetic, while John Lovett liked things crowded and busy
- ▶ Together, they've built a look they call 'minimal but eclectic'

PHOTO: KASHISH DAS SHRESTHA



KENYA HUNT
METRO WORLD NEWS

GLOBAL SPACES

- ▶ **NAME:** Lovett/Codagnone
- ▶ **CITY:** West Village, New York City
- ▶ **OCCUPATION:** Contemporary artists
- ▶ **THE SPACE:** A multi-leveled loft in an old glove factory.

PHOTO: KASHISH DAS SHRESTHA

THE ART

"Most of the art on the walls was either made by us or our friends. I love this little sculpture of the cowboy on a horse the best. John made it when he was a little boy."



"Some of our favourite pieces are found objects from the streets of New York. But now, John is like, 'Don't bring anything home from the street because of the bed bug problem in the city.'"



A family's search for the perfect cottage.

The search for a family cottage isn't as easy as one might think. It's location, amenities, activities for the kids and more importantly fitting the purchase into the family budget. Everyone has a favourite memory of spending summers at the cottage and if you don't you must have heard a story or two.

The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life. Sitting by a campfire roasting hot dogs, making "spider dogs" or toasting marshmallows, making "s'mores" is a rite of passage for any young camper.

As we looked into cottages we found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great. Along with my kids having a safe and memorable place to spend their summers would be more than perfect.

After a lot of research what we found is, that cottages can be very expensive to say the least. Gone were the days when I grew up, where a \$20,000 investment got you a family cottage on the lake. The cottages we liked seemed to cost as much as our home if not more, with some

over four hundred thousand dollars. The more we thought about cottage ownership the more we realized it would mean two houses to maintain financially and physically. After all the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing.

"Fractional Ownership" cottages were affordable but they have maintenance fees and we couldn't justify spending over one hundred thousand dollars for something the family could only use for only 4 or 5 weeks a year.

So what was the answer? McCreary's Beach Resort on Mississippi Lake was the perfect spot for my family. Less than 30 minutes from Ottawa, McCreary's Beach Resort was one of the best lakefront properties we had come across.

It sounded all too good to be true, full ownership, maintenance free and activities for the kids...so what's was the catch? We soon found out there wasn't one.

After a resort tour, we knew McCreary's Beach Resort was the perfect alternative for our family. We got a beautiful location on the water, a short drive from our home and a budget-friendly family "cottage" that we own.

Ventura Resorts call them "Resort Cottages", the affordable way to own a family summer getaway. Neither a typical trailer nor conventional cottage, these 3 season homes are beautifully furnished and professionally decorated with "at home" amenities including full-sized kitchens, 4 piece baths and large decks, and you can get it all from \$54,900 to \$137,760. The Resort Cottages are available in one, two and three bedroom floor plans that can sleep up to eight people comfortably.

As owners we can take advantage of the activities and amenities the resort has to offer, from BBQ's, kids activities, the best fishing ever, boat rentals, outdoor pool and more! PLUS we can earn up to \$10,000 renting our home out when we're not using it with Ventura Resorts Rental Program!

If you are in the market for the cottage alternative contact our friends at McCreary's Beach Resort at **1-877-814-4141 or just visit their website at www.mccrearysbeach.com**

Own a Resort Cottage on Mississippi Lake from \$54,900

Certain terms and conditions apply. Prices do not include applicable taxes.



The Pine - indoor/outdoor living area 904 Sq Ft



OPEN HOUSE THIS WEEKEND! PURCHASE THIS WEEKEND & RECEIVE A FREE PATIO SET, BBQ & FLAT SCREEN TV!

Located just 30 minutes from Ottawa, this family resort offers one, two and three bedroom thoughtfully designed, three-season Resort Cottages. Complete with open living spaces, full-sized kitchens and baths, professionally decorated and furnished interiors, these Resort Cottages offer all the "at home comforts". The living area extends to the "great outdoors" with large finished decks creating a beautiful relaxing atmosphere, perfect for family gatherings or entertaining friends.

The resort features beach, pool, hot tubs, sauna, tennis & squash courts, fitness centre, canoe & boat rentals plus arcade and fun zone for the kids, McCreary's Beach Resort offers something for everyone!

 **McCreary's Beach**
Holiday Resort
Another Family Lifestyle Resort by VENTURA

Call 1-877-814-4141 or visit www.mccrearysbeach.com

ENDING DISH DRAMAS

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA
FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Question: My husband and I have argued about this since the day we got married. Can you please share the proper way to load a dishwasher? Frustrated Wife, Vancouver
Dear Frustrated Wife:

I know exactly what you're talking about! We had that same argument in my household when I was a kid, and it was only resolved when I became a

butler and learned the correct way! Here are nine rules for dishwashers.

1. For the cleaning cycle to work correctly, water needs to be able to circulate around all of the dishes.

2. Overcrowding is the most common problem.

3. Rinse dishes before loading.

4. Use racks for their designated purpose.

5. Items requiring more robust cleaning should be placed on the bottom rack.

6. Use the recommended amount of soap.

7. Always use a rinse aid. This really does help keep the dishes spotless.

8. If your dishwasher has a salt dispenser check to see if you have hard or soft water in your area. The harder

your water, the increased chances that you will need salt in the dishwasher to avoid residue buildup.

9. If your dishwasher isn't full, don't run a full cycle. Run the 10-minute rinse cycle. This will rinse your dishes and you can continue to fill the dishwasher until you have a full load.

How to load the dishwasher
Loading dishes with room around them allows for the water to circulate and clean them.

How not to load a dishwasher
Overcrowding prevents the water from circulating around all of the dishes, a main reason for dirty dishes at the end of the cleaning cycle.

CHARLES IS BACK NEXT WEEK WITH MORE TIPS ON DISHWASHER LOADING

Building castles in the sandbox

Bring a bit of the beach to your backyard

DIY IDEAS

Backyard sandboxes are an easy and inexpensive way to provide hours of fun and creativity for kids.

Building a sandbox is just one of many projects landscape contractor Ahmed Hassan has completed for his show Yard Crashers.

In each episode, he goes home with an unsuspecting home improvement store shopper to transform their backyard.

The Perfect Spot

Before you build anything, decide on the location and size of your sandbox.

Consider the amount of shade for children playing, line of sight for adults watching, and drainage in your yard.

Once the position has been determined, dig a three-inch deep square hole in the area.

Build the Box

Use four pieces of 2x6 untreated or non-toxic treatment wood in the length that will fit your location.



► Make sure to cover your new sandbox or cats might use it as a huge litter box.

Ensure that the natural curve of each board faces inwards to prevent warping. Attach the pieces with nails or screws, putting them in place at three points from top to bottom along each edge.

Use garden tarp or weed-blocking tarp — not plastic tarp — to cover the bottom of the box. This will allow for drainage and prevent muddiness in the sandbox.

Simply lay it over the bottom of the box you have built and staple from one side to the other. Flip it over and place in the hole you have dug.

Fill the box with "play sand," available in most home improvement stores. This is a natural product that is fine in texture and most commonly used in

sandboxes.

Protect the Box

Sandboxes must be covered when not in use to prevent any foreign objects from getting inside.

This is especially important in neighbourhoods where local animals may decide to use it as a litter box. To do this, simply obtain a sheet of pressure-treated plywood matching the dimensions of your box, and drill two holes six inches apart on both sides.

String marine-grade rope through these holes to create handles for easy movement. Place it overtop to protect the sandbox. Your sandbox is now complete and ready for fun!

YARD CRASHERS AIRS WEEKNIGHTS AT 8 P.M. ET/5 P.M. PT ON DIY NETWORK CANADA

BRAND NEW HGTV SHOW - CASTING IN WINNIPEG!



Are you a family looking to buy a new home and can't decide between living in the city or the suburbs?

We are looking for dynamic families who want to participate in a new national TV series focusing on this property buying dilemma.

For more information and to tell us about your family, please email

casting@forcefour.com



GOLDEN OAKS
RENT 2 OWN CANADA

OWNING YOUR OWN HOME HAS NEVER BEEN EASIER!

RENT 2 OWN allows you to live in your dream home today, and it can be yours in as little as 2-5 years.

SOLD
FOR RENT

For more details visit our website:
rent2owncanada.ca

Your debt has you maxed out, tapped out and stressed out.

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.

GoodThingAboutDebt.ca

BDO. THE ONLY GOOD THING ABOUT DEBT.
613-235-5225 / 1-800-754-1579

BDO

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!

Available on the App Store

metro play



When seafood becomes the star in pasta dishes

► Use freshly cooked crab for this Angel Hair Pasta with Jalapeno & Mint

If you're lucky, you've never known a world without olive oil or a time when Parmesan cheese only came in green cans.

But there was such a world. Once stigmatized as the cuisine of "garlic eaters," Italian food and its ingredients were almost impossible to find in North America 40 years ago.

"Certain foods were so associated with lower-class people that it was a way of keeping those people and their food in their place," says John Mariani, author of *How Italian Food Conquered the World*.

But as increased travel and waves of new immigrants coaxed Americans to be more adventurous,

Italian food found its way onto American tables — and into their hearts. During the 1960s and '70s, retailers began marketing "healthy" Italian ingredients, such as olive oil. And during the 1980s, big-name chefs like Wolfgang Puck adapted and enhanced foods like pizza, giving them culinary credibility and pushing them into the mainstream.

"Italian food appeals to such a broad spectrum," says Jonathan Waxman of the New York restaurant Barbuto. "It appeals to kids, snobby people, rustic diners. It appeals to big groups, or an elegant dinner. It goes the full gamut."

Waxman's new book,

Italian May Way, adapts the simplicity, seasonality and, most of all, the spontaneity of Italian dishes to American sensibilities.

Among the recipes is this Angel Hair Pasta with Crab, Jalapeno and Mint.

Preparation:

1 In bowl, combine crabmeat, jalapeno, garlic, mint, butter. Set aside.

Ingredients:

- 250 g (1/2 lb) cooked crabmeat, cleaned and picked through
- 1 jalapeno pepper, stemmed, seeded and minced
- 1 clove garlic, minced
- 12 fresh mint leaves, torn
- 90 ml (6 tbsp or 3/4 stick) unsalted butter, cut into small pieces
- 500 g (1 lb) angel hair pasta
- Juice of 1 lemon
- Salt, to taste

2 Bring saucepan of salted water to boil. Cook pasta according to package directions. When pasta is al dente, use tongs or a slotted spoon to scoop out pasta and add it to crab mixture. Toss, then add lemon juice. Season with salt. **THE ASSOCIATED PRESS/ ITALIAN MY WAY BY JONATHAN WAXMAN (SIMON & SCHUSTER, 2011)**



Start to finish:
20 mins.
Servings:
4

► Although it looks fancy, this dish is made in two steps.

THIS WEEK'S SUPER DEALS JULY 15 ~ JULY 21, 2011

FRI	SAT	SUN	MON	TUE	WED	THU
15	16	17	18	19	20	21

大統華 T&T

OTTAWA STORE ONLY

No.1 grade

3⁹⁹ /LB
8.80/KG

Johnsonville Sausages
Selected Varieties

4²⁹ /PK

Atlantic Salmon Steak - Fresh
While Quantities Last

4⁴⁹ /LB
9.90/KG

Dragon Rolls
Green or Golden

5⁹⁹ /SET

SAVE \$ 2

4 DAYS ONLY
Fri, Sat, Sun, Mon
7/15-7/18

4 DAYS ONLY
Fri, Sat, Sun, Mon
7/15-7/18

4 DAYS ONLY
Fri, Sat, Sun, Mon
7/15-7/18

1.66L Breyers Classic Ice Cream
Selected Flavours

SAVE \$ 2.70

3²⁹ /BOX

20oz Grand Maple Cooked Dumplings

SAVE \$ 3.99

2 for 5⁹⁹

DDP Natural Salted Pistachios

SAVE \$ 3

10⁹⁹ /JAR

Arizona Green Tea

88¢ /CAN

Limit 1 case per family

SAVE \$ 3.01

16⁹⁸ /CASE

WATERFRONT NIGHT MARKET
大統華 T&T Supermarket
JULY 21-24, 2011 • DOWNTOWN TORONTO
222 CHERRY ST. DOWNTOWN TORONTO & POLSON PIER
WWW.WATERFRONTNIGHTMARKET.COM

FREE ADMISSION

Scoop up the savings!

20% OFF

30% OFF

40% OFF

Visit our Bulk Food Section for more selections.

Each Colour label represents a different percentage savings.

Promotion Period : 07/15 - 08/11/2011

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions.

Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

9am-9pm (Sat-Thurs)
9am-10pm (Friday)

224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113
www.TnTsupermarket.com

SPECIAL INFORMATION FEATURE

The curd on the street

► Mooning over new tasty County cheese ► Morning Moon a washed rind single note cow's milk cheese

Having recently made its debut on the Ontario market, Morning Moon is Fifth Town Artisan Cheese Co.'s newest cow's milk cheese, and the sister cheese to Cape Vessey (goat's milk version) that we all know and love. A tour of their LEED (Leadership in Energy and Environmental Design) certified facility is a must-stop for your next Prince Edward County getaway. If you're lucky, you'll catch a glimpse of master cheesemaker Stephanie Diamont working her cheese-y magic.

Morning Moon is a washed rind single note cow's milk cheese, naturally aged. A thick terracotta-coloured rind covers the

chewy, dense, firm, creamy, pale butter yellow paste. Savour full-on flavour — earthy mixed with salt, fruit and a hint of spice. Pairs beautifully with a medium- to full-bodied red wine such as a County Cabernet Franc or Pinot Noir. **◉VANESSA SIMMONS**
FOR MORE INFORMATION, GO TO SAVVYCOMPANY.CA

Cheese

Morning Moon
Fifth Town Artisan Cheese Co.
Picton, Ont.

► **Where To Buy:**
The Piggy Market
Murray's Market



► Morning Moon pairs beautifully with a medium- to full-bodied red wine.



► Morning Moon from Fifth Town Artisan Cheese Co.



► You can catch Sean Murphy at the Ottawa Farmer's Market.

Scratch Kitchen cooks up healthy, tax-free meals

► Cordon Bleu graduate delivers home-cooked food to Ottawans

Sometimes you just don't have time to prepare a home-cooked meal.

Sean Murphy started Scratch Kitchen two years ago after having difficulty balancing work with preparing healthy food for his family. The Cordon Bleu Paris cooking school graduate left his award-winning

restaurants (Café Henri Burger to name one) to prepare, freeze and deliver healthy food to Ottawans' front doors with delicious results. Using local produce and meats as much as possible, he has created a menu of pastas, braised dishes, curries, stews and even a children's menu. Portions

are available in single to family sizes, with side options such as chili-lime rice and roasted root vegetable strudel. Try a Guinness Beef and Mushroom Ragout with Ontario beef in Irish stout and local honey, or get adventurous with the spicy Thai chicken vegetable curry. All meals are

tax-free but subject to a delivery charge. Customers need only leave a cooler out for delivery. Murphy is sensitive to dietary restrictions with many gluten-, dairy- or soy-free options.

Catch Murphy at the Ottawa Farmer's Market or visit scratchkitchen.com for more. **◉SAMANTHA EVERTS**



JOHNNY FARINA
CASUAL ITALIAN EATERY
restaurant | bar | lounge

216 ELGIN ST. | 613.565.5155 | JOHNNYFARINA.COM



► Victoria Whang sips on some sangria at Sir John A's over some pub-style nachos.

Enjoy the patio at Sir John A's

► Bar offers a wide selection of draft and local craft beers, like Beaus'

There's a sea of patios along Elgin Street in downtown Ottawa where you can grab a pint on hot summer nights, but how about the ones where you don't have to talk over bar music? With an impressive offering of local craft beers like

Beaus' and a huge selection of draft beer, you can settle in on the outside patio at Sir John A's to watch European football. But it's not all

about beer! Sir John A's serves up cool pitchers of sangria filled with fresh fruit (citrus and berries) to share with friends as you enjoy the summer breeze

and the night energy of Centretown as people stroll by.

Sir John A's is at 284 Elgin St. (at MacLaren). For more information, go to sirjohna.ca, or call 613-567-2746.

● SAMANTHA EVERTS

Belgian beer comes to Ottawa

► Best-selling Jupiler Lager clean and refreshing



JEFF O'REILLY
OTTAWA@METRONEWS.CA

You've got to hand it to the Belgians — they certainly know their beer. They may be famous for their Steak Frites and Moules, but they are responsible for creating literally hundreds of distinct and unique beer styles, including the very first fruit beers and strong spicy ales: red beers, brown beers, white beers, lambics, saisons and even their Trappist Ales that are still brewed by monks in monasteries. Belgium's contribution to the brewing world is undeniable, and with well-known brands like the elegant and sophisticated Stella Artois lager and the delicious orange and coriander wheat beer flavours of Hoegaarden, trying Jupiler — Belgium's best-selling beer — should be on your radar.

Jupiler (as we call it Joo-pill-er but should actually be pronounced Zhu-pee-lay) takes its name from the town it is brewed in. The Brasserie Piedbeuf brewery was founded in Jupille-sur-Meuse, Belgium in 1853, but it boasts some of Europe's most modern brewing equipment in its commitment to providing the best quality beer available. Jupiler proudly sponsors Belgium's highest-rated soccer league and is a major supporter of the arts and festival scene. In fact, it can even be purchased in vending machines across the country — talk about a liberated stance on beverage enjoyment.



► Fiona serving up some Jupilers on the patio at D'Arcy McGee's Sparks Street.

Attractively presented in a branded stemmed glass, this pale blonde lager shines with a full two fingers of tightly compacted bubbles as its cap, and it laces down the glass nicely. The smell of cereal grains and fresh-cut grass are a prelude to light bready malt flavours and a subtle citrus hop tanginess, which balance nicely with a no-

ticeably soft texture and a finish that is slightly creamy and dry with no aftertaste. Jupiler is an excellent choice because it offers everything you could ask for in a beer on a hot day. It's an extraordinarily drinkable lager — crisp, clean, refreshing and thirst-quenching. Having a second one is always a great decision.

JEFF O'REILLY/FOR METRO

PEARL of INDIA
RESTAURANT

2181 St Joseph Blvd., Orleans
613-834-6554 • pearlofindia.ca

*Fresh & Delicious
Authentic Indian Food*

Call 613-834-6554 to place an order for TAKE OUT or to book an appointment for detailed information on our CATERING SERVICES

Lunch: Mon-Sat 11:30AM to 2PM
Dinner: Mon-Sun 5PM to 10PM



ORLÉANS FARMERS' MARKET

Fridays • until October 7 • 11 am – 6 pm
240 Centrum Blvd • Centrum Plaza • Orléans

OTTAWA FARMERS' MARKET

Sundays • until October 30 • 8 am – 3 pm
1015 Bank Street • Lansdowne Park • Ottawa

OttawaFarmersMarket.ca

Scan QR code
reveal promotion



4
sports

Quoted



"I hate him and will never respect him."

PITTSBURGH STEELERS LINEBACKER JAMES HARRISON'S COMMENTS ON NFL COMMISSIONER ROGER GOODELL IN THE AUGUST ISSUE OF MEN'S JOURNAL. HARRISON, WHO ALSO CALLS GOODELL A "CROOK" AND A "DEVIL" IN THE ARTICLE, HASN'T BEEN SHY ABOUT RIPPING THE LEAGUE AFTER HE WAS DOCKED \$100,000 FOR ILLEGAL HITS LAST SEASON.

"Why don't you quit and do something else, like start your own league in flag football?"

HARRISON, ON WHAT HE WOULD HAVE WHISPERED IN GOODELL'S EAR DURING THE TROPHY CEREMONY HAD HIS STEELERS WON THE SUPER BOWL LAST SEASON.

World Cup. Finalists



► American forward Abby Wambach, second left, is mobbed by teammates after scoring yesterday in Germany.

THE ASSOCIATED PRESS

American women's soccer team partying like it's 1999

The United States kept its fans breathless again. And just like last time, Abby Wambach came up big. The American forward broke a tie with a thunderous header in the 79th minute, and the U.S. are heading to the Women's World Cup final for the first time since 1999 after a 3-1 victory over France yesterday. Wambach also had the game tying goal in the 122nd minute against Brazil in the quarterfinals. "We've achieved part of our goal. We're in the final," Wambach said. "We want to complete it. We want to be world champs." Japan will face the U.S. in Sunday's final after a 3-1 win over Sweden yesterday.

Top QBs ready to end lockout

► Deadlines coming up next week to get NFL training camps, preseason started on time

Calling the players' offer "fair for both sides," star quarterbacks Tom Brady, Peyton Manning and Drew Brees — plaintiffs in an antitrust suit against the NFL — said yesterday "it is time" to wrap up negotiations on a deal to end the league's lockout.

Brady, Manning and Brees spoke as a group publicly for the first time with talks in a critical phase, four months into the league's first work

stoppage since 1987. Players and owners met yesterday morning at a Manhattan law office for the latest round of discussions.

Although it seems the sides have agreed on the basic elements of how to split more than \$9 billion US in annual revenues, there are still key sticking points on how to structure a new rookie salary system and what free agency will look like.

"We share the view that now is the time to reach an agreement so we can all get back to football and a full 2011 season."

A STATEMENT RELEASE BY THE NFL YESTERDAY.

In a statement released to The Associated Press via the NFL Players Association, New England's Brady, Indianapolis' Manning and New Orleans' Brees said: "We believe the overall proposal made by the players is fair for both sides

and it is time to get this deal done."

They continued: "This is the time of year we as players turn our attention to the game on the field. We hope the owners feel the same way."

In response, the NFL is-

sued a statement saying: "We are working hard with the players' negotiating team every day to complete an agreement as soon as possible."

U.S. Magistrate Judge Arthur Boylan ordered both sides to speak with him in Minneapolis next Tuesday, and the owners have a special meeting set for July 21 in Atlanta, where they could vote to ratify a new deal if one is reached. **THE ASSOCIATED PRESS**

Clemens' lawyer says DNA evidence was 'manufactured'

Prosecutors said yesterday that needles and cotton balls Roger Clemens' former trainer says he used to inject the star pitcher tested positive for Clemens' DNA and anabolic steroids — evidence the defence said was faked.

Assistant U.S. attorney Steven Durham revealed the results during opening

arguments in Clemens' trial on charges of lying to Congress about using performance-enhancing drugs. Clemens' lawyer Rusty Hardin responded that he won't dispute the needles contain Clemens' DNA and steroids, but accused the trainer Brian McNamee of "mixing" it up.

"He manufactured this

stuff," Hardin told jurors. "Roger Clemens' only crime was having the poor judgment to stay connected with Brian McNamee."

Hardin said steroids would have been "incredibly inconsistent with his career and beliefs that there's no way he would have done it."

THE ASSOCIATED PRESS

Sports in brief

Brit sprints to stage victory

TOUR DE FRANCE. Mark Cavendish of Britain won a rainy 11th stage of the Tour de France in a mass sprint yesterday, easily beating Andre Greipel of Germany on the line.

French rider Thomas Voeckler still holds the

leader's yellow jersey. **THE ASSOCIATED PRESS**

Raps add to coaching staff

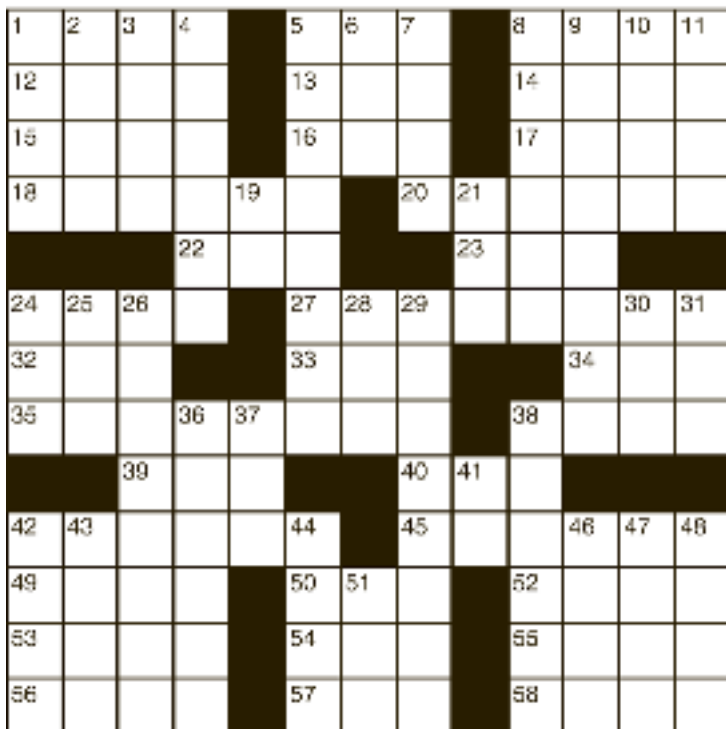
NBA. The Toronto Raptors announced yesterday that Johnny Davis and Tom Sterner have been added to new coach Dwane Casey's staff.

They join assistants Eric Hughes, Micah Nori and Scott Roth. **THE CANADIAN PRESS**

Crossword

Across

- 1 Summertime pest
5 Leap
8 Mountain goat
12 Opulent
13 Forest bird
14 Thailand, once
15 From the begin-
ning
16 Born
17 Taj Mahal city
18 Curie or Pom-
padour
20 Straightens
22 Trigger's rider
23 Scull tool
24 Unpaid bill
27 Important person
32 — Baba
33 Popular card game
34 Greek vowel
35 Pre-WWII music-
makers
38 Kentucky fort
39 Dadaist artist
40 Baltimore newspa-
per
42 Go
45 Chalkboard acces-
sory
49 Pumps up the vol-
ume
50 Every last bit
52 November respon-
sibility
53 Wire measures
54 Mainlander's me-
mento
55 Verve
56 Quarry
57 A billion years
58 Auctioneer's call



Down

- 1 Metric unit
2 1492 vessel
3 Served perfectly
4 Frustrate
5 "South Pacific"
song
6 Have 24-Across
7 Entreaty
8 Book before Jere-
miah
9 Dartmouth team
10 Deserve
11 Opening day?
19 37-Down, for ex.
21 Depressed
24 Slight touch
25 Inventor Wallace
26 New York City
28 Third-party abbr.
29 Kate of reality TV
30 Ike's old command
31 Remiss
36 Shamelessly bold
37 Spring seg.
38 Jacks
41 Ancient Sumerian
city
42 Moist
43 Mideast noble
44 Story
46 Unaccompanied

- 47 List-ending abbr.
48 Tear asunder
51 Zodiac sign

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	8	8	2	7	4	5	3	6
7	4	2	5	3	6	1	9	8
6	3	5	9	1	8	7	4	2
8	2	1	8	6	7	4	5	3
8	7	4	3	2	5	9	6	1
3	5	6	1	4	9	2	8	7
4	8	7	6	8	2	3	1	5
2	6	3	4	5	1	8	7	9
5	1	8	7	9	3	6	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

courtney martin
when i first saw you u was so beautiful and then got to know you i believe i found my soul mate with in you for me true love as never been so clear im glad i have you and that heaven is missing an angel because i have you if i ever lost you you are my other half my everything i ever lost you i would lose half of my self i wouldnt be hole with out you <3 NEMO

You, sorry..i know it's tough time for you now. please take care of yourself4 me. Stay strong. Just so you know i am here for you if you need any help. have a lovely day my lov. ME

Wizrd of Oz Love
Good night and sleep tight.Can u not feel yr princess? where is the trust hon? i only want to c u sleeping now...ME

Today's horoscope

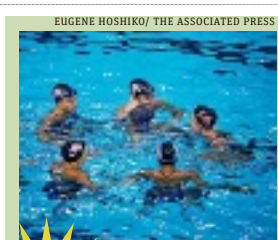
♈ Aries March 21-April 20
The approaching full moon will make you emotional over the next 48 hours. Think before you speak.
♉ Taurus April 21-May 21 Do you persevere with a project that's in a rut or do you start again from scratch? Taurus doesn't give up.
♊ Gemini May 22-June 21 You need to be tough with people who waste your time on trivialities.
♋ Cancer June 22-July 22 The approaching full moon will give people the idea that they can boss you around. Don't let it happen!

♌ Leo July 23-Aug. 23 Try not to give other people the impression that you agree with them when you really don't.
♍ Virgo Aug. 24- Sept. 22 This could be a tense and emotional time, so try to keep your more excitable tendencies under control.
♎ Libra Sept. 23-Oct. 23 Affairs of the heart must be handled with kid gloves today, and tomorrow.
♏ Scorpio Oct. 24-Nov. 22 You won't be able to stay in one place today: You've got to get out and about and see, and be seen.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21
The approaching full moon cuts across the money axis of your chart and your cash flow situation.
♑ Capricorn Dec. 22-Jan. 20
If you have doubts about a relationship, give it some thought but don't make any decisions quite yet.
♒ Aquarius Jan. 21-Feb. 18
If you want a break, you must take it. Don't feel guilty: You've done more than your share.
♓ Pisces Feb. 19-March 20. The Sun in Cancer means you're at your most dynamic. **● SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable

Orlando Family Special, Air + 7 Nights
\$89⁺

Champions World Resort + taxes & fees \$288
INCLUDES accom near theme parks. Departs Sep 3/ggv/ts.
Price per person based on family of 4.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Montreal. Price per person based on quad occupancy (2 adults & 2 children ages 2-17). Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=gogo, ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

PHILLIP
Van Leeuwen®

WAREHOUSE
CLEARANCE

www.ArtofFurniture.ca

The
BIGGEST
sale event
of the year!

Get
up to

**80%
OFF**

While quantities last



Inventory is moving too quickly
to update website pricing.
Visit our showroom and look for
the Warehouse Clearance tags.

10 BYWARD MARKET
OTTAWA
613.562.0700



ELITE

GATINEAU

TRADE YOUR
MAZDA FOR A NEW
ONE AND GET UP TO
\$1,500 IN OWNER
LOYALTY CASH!

REDEFINING CUSTOMER SERVICE

2011 MAZDA3 GX (D4XS51 AA00)

\$16,295
- \$2,300 SPECIAL REBATE
+ \$1,495 FREIGHT AND PRE-REDELIVERY
\$15,490
+ TAXES



0%
60mo.

1.9%
72mo.

2.9%
84mo.

\$102* Bi-weekly
HST Included. **\$0** Down.

*96 Months at 4.99% with \$0 Down, Taxes Included. OAC



2011 MAZDA2 GX (B5XB51 AB00)

\$13,995
- \$2,000 SPECIAL REBATE
+ \$1,495 FREIGHT AND PRE-REDELIVERY
\$13,490
+ TAXES

\$89* Bi-weekly
HST Included. **\$0** Down.

*96 Months at 4.99% with \$0 Down, Taxes Included. OAC

2012 MAZDA5



0%
48mo.
NEW!

Purchase From **\$156*** Bi-weekly
HST Included. **\$0** Down

*96 Months at 4.99%. Freight, PDE & Taxes included. OAC.

0%
60mo.

2011 MAZDA6



Purchase From **\$157*** Bi-weekly
HST Included. **\$0** Down

*96 Months at 4.99%. Freight, PDE & Taxes included. OAC.

2011 MX-5 MIATA



0%
84mo.

Purchase From **\$178*** Bi-weekly
HST Included. **\$0** Down

*96 Months at 4.99%. Freight, PDE & Taxes included. OAC.

0%
84mo.

2011 TRIBUTE

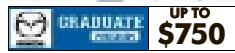


Purchase From **\$140*** Bi-weekly
HST Included. **\$0** Down

*96 Months at 4.99%. Freight, PDE & Taxes included. OAC.

VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.

READY TO ROLL



*0% Purchase financing is available for up to 84 Months on 2011 RX-8, Tribute & MX-5 Miata, up to 60 months on Mazda2, Mazda3, Mazda3 Sport, Mazda6, CX-7 and CX-9, and up to 48 months on the all new 2012 Mazda5. 0.9% lease financing for up to 48 months on 2011 Mazda6, 1.5% on Mazda2 and 1.9% on Mazda3, Mazda3 Sport, CX-7, CX-9 and all new 2012 Mazda5 Models. (Owner Loyalty cash of \$250 on Mazda2, Mazda3, Mazda3 Sport and 2012 Mazda5, \$500 on Mazda Tribute, \$1000 on Mazda6 and MX-5 Miata and \$1500 on CX-7 & CX-9 models. Based on a representative agreement for financed amount of \$15,000, the cost of borrowing for a 60-month term contract is \$0, monthly payment is \$250.00 and total obligation is \$15,000. Offers have no cash value and cannot be transferred, assigned or combined. Vehicle may not be as shown. Contact Elite Mazda for details on other Graduate and 1st time buyer programs. Offers end July 31, 2011.

EVERY ELITE MAZDA IS DELIVERED WITH FLOOR-MATS AND A FULL TANK OF GAS.

ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE OUEST • GATINEAU
ELITEMAZDA.CA • 819.568.6000



MITSUBISHI
MOTORS

Rallye

#1 VOLUME MITSUBISHI DEALER IN
OTTAWA & GATINEAU.
NEW MITSUBISHI SALES IN 2009 & 2010

MITSUBISHI MOTORS
ADRENALIN
DAYS



Rallye MOUNTAIN
EXCLUSIVELY AT RALLYE MITSUBISHI.

Drive@earth

0% PURCHASE FINANCING
UP TO 60 MONTHS*

OUR BEST PRICES
OF THE YEAR!

10YEAR
160,000 km
POWERTRAIN WARRANTY
BEST BACKED CARS IN THE WORLD*

2011 LANCER

FROM
\$15,998
FINANCING
FROM
\$17,998*



2011 RVR

FROM
\$19,998
FINANCING
FROM
\$21,698*



2011 OUTLANDER

FROM
\$25,498
FINANCING
FROM
\$27,198*



\$106 BI-WEEKLY
TAXES INCLUDED **\$0** DOWN

96 Months at 4.94% APR, Freight, PDE & Taxes Included. OAC.

\$136 BI-WEEKLY
TAXES INCLUDED **\$0** DOWN

96 Months at 4.94% APR, Freight, PDE & Taxes Included. OAC.

\$166 BI-WEEKLY
TAXES INCLUDED **\$0** DOWN

96 Months at 4.94% APR, Freight, PDE & Taxes Included. OAC.

GRADUATES GET AN ADDITIONAL CASH AWARD OF \$500 TOWARDS PURCHASE OR LEASE.



Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery by July 31, 2011. *96 months term at 4.94%. Freight, PDE and taxes included. Options, Registration and Insurance extra. *0% Purchase financing is available for up to 60 months on new 2012 Eclipse, Eclipse Spyder & 2011 Outlander, Endeavor and most Lancer models, and up to 48 months on the all new Mitsubishi RVR Models. All offers on approved credit. Photos for illustration purposes only. See Rallye for Education Edge terms, conditions, and other details. **Best backed claim does not cover Lancer Evolution and Ralliart models.

EVERY NEW RALLYE MITSUBISHI IS DELIVERED WITH FLOOR-MATS AND A FULL TANK OF GAS.

RALLYE MITSUBISHI • 1185 BOUL. LA VÉRENDRYE OUEST • GATINEAU
RALLYEMITSUBISHI.CA • 819.568.9999